

## **IMMEDIATE NEEDS**

### **EMERGENCY**

#### **911 Communications Center**

105 W. Saunders Street; PO Box 905; Carthage, NC 28327  
(910) 947-6317

**Program:** Call **911** for emergency assistance for fire, rescue, medical emergencies, and law enforcement. Center is manned 24 hours per day all year. Telecommunicators provide callers with lifesaving information and instructions until emergency help arrives.

#### **Emergency Hospital Care/Convenient Care**

##### **FirstHealth Moore Regional Hospital**

Entrance on Route 211; Pinehurst, NC 28374  
(910) 215-1111

**Hours:** Open 7 days a week 24 hours a day.

**Program:** Emergency medical care to residents and visitors of Moore County.

#### **Emergency Medical Services**

##### **Moore County Emergency Services**

105 W. Saunders Street; PO Box 905; Carthage, NC 28327  
(910) 947-6317

**Program:** Provides emergency medical care to residents and guests of Moore County. Six quick-response base units for emergency calls. 7 days per week, 24 hours per day.

#### **FirstHealth Response**

PO Box 3000; Pinehurst, NC 28374  
(910) 215-1271

**Program:** This 24-hour emergency phone system in the home connects the resident to Moore Regional Hospital with the push of a button. Fee is \$20.00/month

#### **Sandhills Urgent Care**

10935 US 15/501; Southern Pines; NC 28387  
(910) 692-5555

**Hours:** Mon-Fri 8:30am-6:00pm; Sat 9:00am-2:00pm; Sun 1:00-6:00pm.

**Program:** No appointment necessary. Medical treatment, x-ray equipment, laboratory.

## **GENERAL**

### **Bethesda Presbyterian Church Assistance Program**

1002 North Sandhills Blvd.; Aberdeen, NC 28315  
(910) 944-1319

**Hours:** Wed/9:00am-12:00pm

**Program:** Provides some financial resources, food, and clothing for those in dramatic need. Food available and interviews conducted on Wednesdays.

### **Department of Health Ombudsman**

North Carolina Department of Health and Human Services (DHHS)  
Raleigh, NC 27699-2012  
(919) 733-4261; (919) 733-4851

**Hours:** Mon-Fri/8:00am-5:00pm

**Program:** The Ombudsman is the liaison between citizens and the Department of Health and Human Services. He oversees the handling of problems, complaints, and inquiries relating to the programs and services overseen by the DHHS.

### **Elder Care Information and Referral**

#### **Area Agencies on Aging**

927 15th Street, NW, Sixth Floor; Washington, DC 20005  
(800) 677-1116; [www.eldercare.gov](http://www.eldercare.gov)

**Hours:** Mon-Fri/9:00am-8:00pm

**Program:** Free nationwide assistance directory that helps older persons and caregivers locate local support resources for aging Americans.

### **Emergency Services Outreach**

#### **Moore County Emergency Services**

105 W. Saunders Street; PO Box 905; Carthage, NC 28327  
(910) 947-6317

**Hours:** Mon-Fri/8:00am-5:00pm

**Program:** This outreach program offers a variety of programs including CPR, fire extinguisher training, safety days; ambulance, fire truck, and 911 demonstrations; smoke detector checks, home safety checks, and Senior Assistance (SAFE).

## Helpline

### **United Way of Moore County, Inc.**

375-D S.E. Broad Street; PO Box 207; Southern Pines, NC 28388

(910) 692-2413; Helpline: 695-HELP [695-4357]; [www.unitedwaymoco.com](http://www.unitedwaymoco.com)

**Hours:** Mon-Fri/8:00am-5:00pm

**Program:** Information and referrals linking residents with Moore County resources.

## Long Term Care Ombudsman

### **NC Division of Aging**

693 Palmer Drive; Raleigh. *Mail to* 2101 Mail Service Center; Raleigh, NC 27699-2101

(919) 733-8395; [www.dhhs.state.nc.us/aging/home.htm](http://www.dhhs.state.nc.us/aging/home.htm)

**Hours:** Mon-Fri/8:00am-5:00pm

**Program:** This is an advocacy program that protects the rights of residents living in long term care facilities. Residents and/or their families may contact the ombudsman who investigate and resolve complaints filed by the resident or the families of the residents.

## Salvation Army

375-D United Way Building; South East Broad St.; Southern Pines, NC 28387

(910) 693-HELP (4357); or United Way (910) 692-2413;

**Hours:** No facility - phone for help or information.

**Eligibility:** Emergency needs

**Program:** The Salvation Army provides the indigent with emergency needs including food, fuel, medical care, transportation and rent/mortgage in conjunction with over 60 agencies. Educational grants for vocational training are also offered. Accepts donations at United Way or at facility in Fayetteville.

## Sandhills/Moore Coalition for Human Care, Inc.

1117 W. Pennsylvania Ave.; Southern Pines, NC 28387

(910) 693-1600

**Hours:** Mon-Fri/8:30am-11:00am

**Program:** The Coalition helps people with emergency needs of food, clothing, and financial assistance. It refers people with ongoing needs to appropriate agencies. There are restrictions on number of times per year services can be used. Handicapped accessible. Spanish-speaking interpreters available. **Donations:** Mon-Fri/8:30am-3:00pm

## **FOOD**

### **Lowes Foods – Robbins**

341 West Hwy 705; Robbins, NC 27325  
(910) 948-4885

**Hours:** 7:00am-10:00pm daily.

**Program:** Hot lunches daily, UPS shipping, money orders, postage stamps, Western Union money transfers, 2 wheelchairs, 2 electric chairs, assistance for shoppers who need help, “Heart Smart” groceries.

### **Meals on Wheels of the Sandhills, Inc.**

**Penick Village;** East Rhode Island Avenue ; PO Box 2083; Southern Pines, NC 28388  
(910) 692-0384; [www.pinehurst.net/mealsonwheels](http://www.pinehurst.net/mealsonwheels)

**Hours:** Mon-Fri/8:30-12:30pm

**Program:** Volunteers deliver hot, lunch-time meals Monday through Friday to homebound residents unable to prepare meals for themselves. Deliveries made to Southern Pines, Pinehurst, Aberdeen, Pinebluff, and Addor. Regular, low sodium, and diabetic meals available. The cost of meals is \$1.00 each, \$5.00 per week or \$23.00 per month. No charge if financially unable to pay.

### **Moore County Department of Aging Nutrition Services**

302 Monroe Street; PO Box 487; Carthage, NC 28327  
(910) 947-2881 [www.co.moore.nc.us](http://www.co.moore.nc.us)

**Hours:** Mon-Fri/8:00am-5:00pm

**Eligibility:** Over 60; homebound for delivered meals.

**Program:** Congregate meals and home delivered meals are offered Monday through Friday. Diner’s Clubs (congregate meal sites) in Carthage, Robbins, Southern Pines, and West End include daily activities of exercise, crafts, bingo, etc. Hot, frozen, and emergency meals are delivered throughout Moore County. Nutritional supplements are available with a prescription from the doctor. Services on a cost-share basis.

### **Sandhills Food Bank**

15115 South Moore Dr., Aberdeen; PO Box 1959; Southern Pines, NC 28388  
(910) 944-8866

**Hours:** Mon-Fri/8:00am-4:30pm

**Program:** The Sandhills Food Bank functions as a source of food and other items for 48 agencies that serve the needy. New volunteers are always welcome.

## **West End United Methodist Church Food Pantry**

PO Box 276; West End, NC 27376  
(910) 673-1371

**Hours:** Operates every-other Wednesday from 8:00am-12:00pm

**Program:** The Food Pantry provides individuals and families in need with food donated by local grocery stores and food purchased from the Moore County Food Bank. Call to determine eligibility for this program.

## **HOUSING**

### **Sandhills Community Action Program (SCAP)**

103 Saunders Street; PO Box 937; Carthage, NC 28327  
(910) 947-5675

**Hours:** Mon-Fri/8:30am-5:00pm

**Program:** This federal agency offers rental assistance through the HUD, Section 8. Housing related services for older adults includes apartments, repairs, heat, counseling, transitional housing for the homeless, and homeownership opportunities. Eligibility based on income.

### **Southern Pines Housing Authority**

801 South Mechanic Street; Southern Pines, NC 28387  
(910) 692-2042

**Hours:** Mon-Fri/8:00am-5:00pm, closed for lunch from 12:00pm-1:00pm

**Program:** This is a low-income public housing program that rents apartments to eligible applicants. Offered through the U.S. Dept. of Housing and Urban Development (HUD).

## **LEGAL**

### **Elder Law Attorneys**

**Members National Academy of Elder Law**

**Jennifer Garner;** 160 Fox Hollow; Ste. 202; Southern Pines, NC 28387; (910) 693-0043

**W. Daniel Pate;** 15 Chinquapin Rd.; Pinehurst, NC 28370; (910) 295-2161

### **North State Legal Services**

**(In cooperation with the Moore County Bar Association)**

114 West Corbin St.; PO Box 27278; Hillsboro, NC 27278  
(800) 672-5834 Toll Free

**Hours:** Mon-Fri/9:00am-5:00pm

**Program:** Provides a wide range of legal services and advice for low-income persons including wills, abuse, landlord/tenant rights, residents rights, and divorce.

## **PHARMACY**

### **Cooper's Pharmacy**

3353 US Hwy 1; PO Box 668; Vass, NC 28394  
(910) 245-4672

**Hours:** Mon-Fri/9:00am-7:00pm; Sat/9:00am-6:00pm; Sun/closed.

**Program:** 10% discounts for seniors. Delivery Mon- Sat for orders called in before 3:30pm. Reduced summer delivery hours. Medicare and Medicaid assistance.

### **Seven Lakes Prescription Shoppe**

120 MacDougall Dr.; PO Box 526; West End, NC 27376  
(910) 673-7467

**Hours:** Mon-Fri/9:00am-6:00pm; Sat/9:00am-12:00pm; Sun/closed.

**Program:** Senior discounts, free delivery, blood pressure checks, patient counseling, after hours prescription service.

### **Town Center Pharmacy, Inc.**

PO Box 1060; 610 S. Bennett Street; Southern Pines, NC 28388  
(910) 692-7158; (910) 692-4934 *Emergency: evenings and weekends*

**Hours:** Mon-Fri/8:30am-6:00pm; Sat/9:00am-3:00pm

**Program:** Senior discounts. Free delivery of prescriptions to Southern Pines, Pinchurst, Aberdeen, Foxfire, and Whispering Pines. Prescriptions must be called in by 3:00pm for a 4-8:00pm same-day delivery. Medicare billing for diabetic and inhalation therapy.

## **AGING SERVICES**

### **General**

#### **Institute on Aging - Information Center**

PO Box 8057; Gaithersburg, MD 20898-8057  
(800) 222-2225 *Toll Free; TTY 1-800-222-4225 Hearing Impaired; [www.nia.nih.gov](http://www.nia.nih.gov)*

**Hours:** Mon-Fri/8:30am-5:00pm

**Program:** The Information Center program offers free publications on health and aging and the body to anyone who calls and requests them.

## **Moore County Cooperative Extension**

707 Pinehurst Avenue; PO Box 1149; Carthage, NC 28327  
(910) 947-3188; [www.ces.ncsu.edu](http://www.ces.ncsu.edu)

**Hours:** Mon-Fri/8:00am-5:00pm

**Program:** Provides a broad range of educational programs for families. Programs offered include: Aging, Extension Homemakers, Family and Consumer Education, Grandparents Raising Grandchildren, Health and Human Safety, and Nutrition and Wellness. Online information includes Estate Planning.

## **Moore County Department of Aging**

302 Monroe St.; PO Box 487; Carthage, NC 28327  
(910) 947-2881

**Hours:** Mon-Fri/8:00am-5:00pm

**Program:** The Department of Aging provides services for older adults that include: transportation, in-home health aides, nutritional supplements, case management, home improvement and repairs, health insurance information, congregate meals, home delivered meals, day trips, educational programs, support for grandparents raising grandchildren, and a respite caregiving service. Volunteers are always welcome.

**Note:** Transportation, in-home aides, and nutrition services are for people 60 years and older; services for these programs are on a cost-share basis.

## **Moore County Department of Aging In-Home Services**

302 Monroe St.; PO Box 487; Carthage, NC 28327  
(910) 947-2881 [www.co.moore.nc.us](http://www.co.moore.nc.us)

**Hours:** Mon-Fri/8:00am-5:00pm

**Fees:** Services on a cost-share basis

**Program:** Three levels of in-home care are provided for adults over 60 on a cost-share basis. Services include personal care and home management. RN's provide medical counseling and education in client homes. Case Manager provides case management.

## **Moore County Department of Social Services**

Carriage Oaks shopping Plaza; PO Box 938; Carthage, NC 28327  
(910) 947-2436

**Hours:** Mon-Fri/8:00am-5:00pm

**Program:** Provides financial assistance, protective services and case management for underserved populations in Moore County. "Adult Services" provides assistance with Food Stamps, Adult and Family Medicaid, Adult Services and Adult Protective Services, Guardianship Services, Adult Enhanced Care Services, Adult Services for At Risk Case Management, Adult Eye Certification program, Adult Carrier Alert Program, Adult Homes Specialist Program, and Adult Services Medical Transportation.

## **Moore County Transportation Services (MCTS)**

PO Box 1462; 302 Monroe Street; Carthage, NC 28327  
(910) 947-3389

**Hours:** Mon-Fri/8:00am-5:00pm

**Program:** MCTS provides transportation to destinations in Moore County with some out of county medical trips for Human Service Agencies. Requests for transportation are scheduled a minimum of 48 hours (2 business days) in advance and is provided on a space available basis. Services on a cost-share basis. Rural General Public Transportation (RGP) is available for a fee on a space available basis.

## **Moore County Veterans Services**

707 Pinehurst Ave.; PO Box 905; Carthage, NC 28327  
(910) 947-3257

**Hours:** Mon-Fri/8:00am-5:00pm

**Program:** This agency assists veterans and their dependents in filing claims for benefits: compensation, pensions, education, rehabilitation, medical, burial, and grave markers.

## **Senior Health Insurance Information Program (SHIIP)**

**Moore County Department of Aging**  
302 Monroe St.; PO Box 487; Carthage, NC 28327  
(910) 947-2881; (800) 443-9354 *National Toll Free*

**Hours:** Mon-Fri/8:00am-5:00pm

**Program:** SHIIP volunteers offer free information and guidance to seniors who have questions about insurance coverage, Medicare, and long term care insurance. The North Carolina Department of Insurance provides training to the volunteers.

## **Social Security Administration**

1013 Spring Lane; Sanford, NC 27330  
(919) 775-1033; (800) 772-1213 *Toll free*; (800)325-0778 *Hearing Impaired*  
[www.ssa.gov](http://www.ssa.gov)

**Hours:** Mon-Fri/9:00am-4:00pm

**Program:** The Social Security Administration is a governmental agency providing retirement, survivors, disability or supplemental security income benefits for eligible citizens. Can use the website to file for benefits.



## **SAFETY**

### **Moore County Department of Aging In-Home Repairs**

302 Monroe St.; PO Box 487; Carthage, NC 28327

(910) 947-2881 [www.co.moore.nc.us](http://www.co.moore.nc.us)

**Hours:** Mon-Fri/8:00am-5:00pm

**Fees:** Services on a cost-share basis

**Program:** Improves or updates on older adults home with handrails, ramps, grab bars, smoke alarms, etc.

### **Senior Assistance from EMS (S.A.F.E.)**

**Moore County Emergency Services/ Moore County Department of Aging**

105 W. Saunders Street; PO Box 905; Carthage, NC 28327

(910) 947-6317

**Hours:** 7 days per week, 24 hours per day

**Program:** SAFE is a program of Moore County's Department of Aging and Emergency Medical Services. It provides routine visits to seniors at risk. Personnel assess the safety of the home and accuracy of EMS records. They check blood pressure and provide a safety manual. They make referrals to the Department of Aging as needed.

### **Southern Pines Police Department**

1145 Southeast Broad Street; PO Box 330; Robbins, NC 27325

(910) 692-7031

**Program:** Community services coordinator available on an as-needed basis to address specific topics related to the safety of seniors. Pamphlet available on issues regarding seniors and crime.

## **Telecare/Lifeline**

**FirstHealth of the Carolinas**

PO Box 3000; Pinehurst, NC 28374

(910) 215-1271

**Program:** Telecare provides daily contact from client to a designated person outside the home once every 24 hours (including Sundays and holidays). This service is for anyone who would gain comfort from such contact and will reassure family members living at a distance. Volunteers staff phones between 9:00 and 11:00 daily. No fee for service.

**Lifeline** provides a call button to be worn by the client. In an emergency it connects to Telecare through an intercom system with a base unit in the home. Can be activated up to 200 feet from base. \$20.00 monthly fee.

## **CAREGIVER SERVICES**

### **Caregiving Connections**

#### **FirstHealth Hospice**

5 Aviemore Drive; Pinehurst, NC 28374  
(910) 215-6000

**Hours:** 8:00am-5:00pm

**Program:** An educational and support group for anyone who is providing care for someone who is ill or incapacitated. The group offers practical information as well as community resource referrals. Topics vary monthly. Call for meeting times and locations.

### **Moore County Family Caregiver Program**

#### **Moore County Department of Aging**

302 Monroe St.; PO Box 487; Carthage, NC 28327  
(910) 947-2881 [www.co.moore.nc.us](http://www.co.moore.nc.us)

**Hours:** Mon, Wed, and Fri/8:00am-5:00pm.

**Program:** Administers a Volunteer Respite Caregiver program to provide weekly relief for caregivers of adults over 60. Limited paid respite made available by MooreHealth. Provides a Resource Guide for Caregivers and Older Adults and a video/book lending library. Conducts a monthly support meeting for Grandparents Raising Grandchildren.

### **FirstHealth Oasis**

#### **FirstHealth Health and Fitness Center of Southern Pines**

130 Turner Street; Southern Pines, NC 08387  
(910) 693-3610

**Hours:** Mon-Fri/9:00am-6:00pm

**Program:** Offers an integrative approach to healing for individuals managing illness or pain – especially those with long term illnesses. Learn to manage symptoms and stress. Therapeutic bodywork, Feldenkrais, Polarity, Reflexology, Reiki, Tai Chi, Music, and others. Weekly support meetings. Educational programs address finances and other needs. Counseling covered by most insurance; fees for other programs.

### **Overeaters Anonymous**

(910) 692-7703

**Hours:** Thursday at 8:00pm at the Bethesda Presbyterian Church on US 1 in Aberdeen.

**Program:** Support group for overeaters and those wishing to lose weight. 12 step program about *why* - not *what* - you are eating. Individualized eating plans. No fees.

## **Respite Care**

**See:** Department of Aging, Adult Group Homes, Day Care, Home Care and Health Services, Nursing Homes.

**Program:** These services are provided on a short term basis to provide a break for the caretaker of a dependant individual. Care is provided in the care recipient's own home or in an alternative residence. Service provided by volunteers or for a fee.

## **Weight Watchers**

(800) 572-8600

**Hours:** Weekly meetings in Carthage, Southern Pines, and West End

**Program:** Weight management and weight loss support group. Call for schedules and locations. \$11/week.

# **FAMILY COUNSELING**

## **Bridge Builders**

129 E. Pennsylvania Avenue; Southern Pines, NC 28327  
(910) 695-2322

**Hours:** Tues and Thurs/8:00am-9:00pm by appointment

**Program:** A Christian counseling organization that helps foster healthy marriages and families. Counselors work with marital discord, communication problems, conflict resolution, and other issues.

## **Northern Moore Family Resource Center**

125 E. Salisbury Street; PO Box 190; Robbins, NC 27325  
(910) 948-4324 leave message

**Hours:** Mon-Fri/8:00am-5:00pm

**Program:** Encourages the development of strong families, and caring communities by matching resources with needs in Northern Moore County. Health and wellness programs and family resource library.

## **Sandhills Mediation Center, Inc.**

524 Atkinson Street; Laurinburg, NC 28352  
(910) 277-2889

**Hours:** Mon-Fri/8:30am-5:00pm Other hours by appointment only.

**Program:** A private, non-profit organization which helps reconcile disputes that might otherwise end up in court or create dissension in families, neighborhoods, businesses, or organizations.

## **HEALTH SERVICES**

### **Environmental Health**

**Moore County Health Department**

101A Monroe St.; PO Box 279; Carthage, NC 28327  
(910) 947-6283

**Hours:** Mon-Thurs/8:30am-4:00pm; Fri/8:00am-12:00pm

**Program:** Tests and repairs private wells and sewage systems with fees charged for services. Provides advice about controlling food and pest related illnesses and diseases.

### **Kicking the Habit Support Group**

**FirstHealth of the Carolinas**

3000 Memorial Drive, Pinehurst, NC 28374  
(910) 215-1583

**Hours:** Mon-Fri/8:00am-5:00pm

**Program:** A support group to help people stop smoking. Call for schedule and information.

### **Mobile Health Services**

**FirstHealth of the Carolinas**

Occupational Health Services; 103 Jordan Place; Aberdeen, NC 28315  
(910) 944-0702; (888) 534-5333 *Toll Free*

**Hours:** Mon-Fri/8:00am-5:00pm

**Program:** Conducts blood pressure, blood sugar, and cholesterol tests at community sites. Mammograms, PSA screenings, and bone density tests by appointment. No fees.

## **Moore County Health Department**

705 Pinehurst Ave.; PO Box 279; Carthage, NC 28327  
(910) 947-3300; (910) 947-3395 *for appointments*

**Hours:** Mon/8:00am-4:00pm; Tue/8:30am-4:00pm; Wed/8:00am-4:30pm;  
Thurs/8:30am-4:00pm; Fri/7:45am-12:00pm

**Program:** Provides immunizations, tuberculosis tests, and information on communicable disease, highway safety, and HIV. Offers breast and cervical cancer prevention, an adult health clinic, and a neuromuscular and orthopedic clinic. Most services are free.

## **Moore County Outpatient Mental Health Unit**

### **Sandhills Center**

Memorial Drive/Hwy. 211; PO Drawer 639; Pinehurst, NC 27376  
(910) 295-6853; (800) 256-2452 *Toll-Free Crisis Line*; [www.sandhillscenter.org](http://www.sandhillscenter.org)

**Hours:** Mon-Fri/8:30am-5:00pm

**Program:** Provides services to adults and children. Makes referrals to psychiatric inpatient and developmental disability services. Specialty areas include: Alzheimer disease (work with caregiver), marriage, family, aging, anxiety, sexual dysfunction, depression, substance abuse, schizophrenia, and personality disorders. Sliding scale/pro bono based on heavy medical bills. Most insurance, Medicaid, Medicare accepted.

## **North Carolina Division of Motor Vehicles**

**Aberdeen:** Kendale Shopping Center; Route 1; Aberdeen, NC 28315  
(910) 944-1303

**Robbins:** 121 South Middleton St., Robbins, NC 37325  
(910) 948-3798

**Hours:** Mon-Fri/9:00am-5:00pm

**Program:** Tags for handicapped parking, temporary or permanent with physician's certification.

## **Spanish Medical Interpreter Service**

(800) 255-8755 *Toll free*

**Hours:** Mon-Fri/8:30am-4:30pm Not available on Holidays

**Program:** Free service for Spanish speaking residents.

## **ADULT CARE SERVICES**

### **DAY CARE**

#### **Kinder Elder Kare**

**Penick Village**

E. Maine Extension; PO Box 2001; Southern Pines, NC 28387  
(910) 692-0364

**Hours:** Mon-Fri/8:30am-5:00pm

**Program:** Kinder Elder Kare is an intergenerational day care center for older adults and children. Provides enrichment activities, health programs, and lunch. Adults full or part time.

### **HOME CARE AND HEALTH SERVICES**

#### **Aging Outreach Services**

PO Box 2478; Southern Pines, NC 28388  
(910) 692-0683; [www.agingoutreachservices.com](http://www.agingoutreachservices.com)

**Hours:** Mon-Fri/8:00am-5:00pm

**Program:** Geriatric care managers provide initial consultation, individually designed care plans, and home health aids. Assistance with shopping, appointments, bill paying, placement when needed. Licensed and bonded.

#### **FirstHealth Home Care Services**

181 Westgate Drive, Suite A; West End, NC 27376  
(910) 295-2211; 1-800-876-2212 *Toll Free after hours contact*

**Program:** Certified nursing assistants, sitters, and home health aides for home, hospital, or nursing home care. Provide personal care, bathing, dressing, and homemaking services. Staff screened and bonded.

#### **FirstHealth Hospice**

5 Aviemore Drive; Pinehurst, NC 28374  
(910) 215-6000

**Hours:** 8:00am-5:00pm

**Program:** Provides compassionate care, nursing care, and services for patients and their families so that people with life limiting illnesses are able to remain in their homes.

## **Moore County Department of Aging In-Home Services**

302 Monroe St.; PO Box 487; Carthage, NC 28327

(910) 947-2881 [www.co.moore.nc.us](http://www.co.moore.nc.us)

**Hours:** Mon-Fri/8:00am-5:00pm

**Fees:** Services on a cost-share basis

**Program:** Three levels of in-home care are provided for adults over 60 on a cost-share basis. Services include home management, personal care, and respite. Registered Nurses provide medical counseling and education in client homes. Case Manager provides case management and referrals to services in other agencies.

## **Pat's Care – Home Health**

5513 Ashmont Road; Aberdeen, NC 28315

(910) 281-3207 or (910) 639-7278

**Hours:** 24 hour service, 7 days/week

**Program:** In home, hospital, or nursing home. Certified nursing assistants, sitters, companions, home health aides provide personal care, bathing, dressing and homemaking services. Staff screened and bonded.

## **Sandhills Caretakers and Transportation Services**

102 West Main Street, Ste. H; Aberdeen, NC 28315

(910) 944-4200; cell – 690-0046; pager – 1-877-697-9263

**Hours:** 24 hour service

**Program:** Certified nursing assistants, sitters, live-in help, companions, light housekeeping, shopping, and transportation (local and long distance).

## **OTHER POSSIBILITIES**

Apria Health Care (910) 295-3175

HealthKeeperz (800) 309-3784 *Toll Free*

Liberty Home Care (910) 246-3055

Maxim Healthcare Services (Fayetteville) (910) 485-2255

Take Care (910) 255-0088

Tar Heel Home Health-Fayetteville (910) 484-4111, (800) 559-4800

## **SENIOR HOUSING OPTIONS**

### **Adult Care Homes - Assisted Living**

#### **Alterra Sterling House of Southern Pines**

101 Brucewood Rd.; Southern Pines, NC 28387

(910) 692-4928

**Programs:** Independent and assisted living, 45 residents; respite care.

#### **Carolina House of the Village of Pinehurst**

**Southern Assisted Living**

17 Regional Drive; Pinehurst, NC 28374

(910) 235-0700

**Program:** Assisted living, 71 residents; memory-impaired unit, 24 residents; respite care.

#### **Graybrier Assisted Living Residence**

594 Murray Hill Road; Southern Pines, NC 28387

(910) 692-6311

**Program:** Assisted living, 89 residents; memory-impaired unit, 21 residents; respite care.

#### **Heritage Care of Seven Lakes**

**Diversicare Assisted Living Services**

292 MacDougall Drive; West End, NC 27376

(910) 673-3113

**Program:** Assisted living; 44 residents.

#### **Pinehurst Nursing and Rehabilitation Center**

See listing under Nursing Homes.

#### **Pinelake Health and Rehabilitation Center**

See listing under Nursing Homes.

#### **The Regency on Morganton**

190 Fox Hollow; Pinehurst NC 28374

(910) 695-0011

**Program:** Assisted living, 83 residents; memory-impaired unit, 20 residents; respite care.

#### **Tara Plantation of Carthage**

820 McNeill St.; Carthage, NC 28327

(910) 947-5888

**Program:** Assisted living, 80 residents; memory-impaired unit, 40 residents; respite care.



## **FAMILY CARE HOMES**

### **McKeithen Family Care Home**

287 Furr Road; Vass, NC 28394

(910) 245-3567

**Program:** Independent and assisted living; 6 residents.

### **Savannah Family Care Home**

128 N. Carlisle St.; Southern Pines, NC 28387

(910) 695-3665

**Program:** Independent, assisted living, memory-impaired, 6 male residents.

### **Southern Pines Manor**

605 North Bennett St.; Southern Pines, NC 20387

(910) 692-0721

**Program:** Assisted living, 10 residents.

## **NURSING HOMES**

### **HCR-ManorCare Health Services**

205 Rattlesnake Trail; Pinehurst, NC 28374

(910) 295-1781

**Program:** Skilled nursing care, long-term care, and rehabilitation, 90 residents; separate memory impaired, 30 residents; respite care.

### **Kingswood Nursing Center**

797 Pee Dee Rd; Aberdeen, NC 28315

(910) 944-8999

**Program:** Skilled nursing, assisted living, and memory impaired, 80 residents.

### **Penick Village**

See listing under Adult Care Homes and Continuing Care Communities.

### **Pinehurst Nursing and Rehabilitation Center**

2092 Blake Blvd.; Pinehurst, NC 28374

(910) 295-6158

**Program:** Assisted living, 20 residents; skilled nursing, rehabilitation, and long-term care, 139 residents; respite care.

### **Pinelake Health and Rehabilitation Center**

801 Pinehurst Ave.; Carthage, NC 28327

(910) 947-5155

**Program:** Assisted living, 20 residents; nursing, rehabilitation, and long-term care, 20 residents; respite care.

## **Quail Haven Village**

See listings under Continuing Care Communities.

## **The Health Center**

### **St. Joseph of the Pines**

103 Gossman Dr; Southern Pines, NC 28387

(910) 246-1000

**Program:** Nursing, long-term care, and hospice, 156 residents; rehabilitation, 20 residents; respite care.

## **ALZHEIMER'S AND DEMENTIA FACILITIES**

### **Alterra Clare Bridge Cottage**

115 Brucewood Rd.; Southern Pines, NC 28387

(910) 692-1277

**Program:** Memory impaired, 38 residents.

**Also see Adult Care Homes for the following facilities with memory-impaired units:**

Carolina House of Pinehurst

Graybrier

HCR-ManorCare

Regency on Morganton

Savannah Family Care Home

Tara Plantation

**Also see Nursing Homes for the following units with memory-impaired care:**

HCR-ManorCare Health Services

Kingswood Nursing Center

## **CONTINUING CARE COMMUNITIES**

### **Penick Village**

East Rhode Island Ext.; Southern Pines, NC 28387

(910) 692-0300

**Program:** Independent living, personal care, and assisted living, 29 residents; skilled nursing care, 50 residents; intergenerational day care (see Kinder Elder Kare).

## **Quail Haven Village**

155 Blake Blvd.; Pinehurst, NC 28374

(910) 295-2294

**Program:** Rental retirement apartments; 94 units; hourly home care in independent living apartments; home care companions 7am-7pm daily in Catered Care Apartments. Skilled nursing and long-term care, 60 residents; respite care 14 day minimum stay.

## **St. Joseph of the Pines**

103 Gossman Drive; Southern Pines, NC 28387

(910) 246-1000

**Program:** Individual retirement housing, apartments, assisted living, skilled-nursing, rehabilitation, and hospice. Separate campus facilities:

**Belle Meade Resort Retirement** – Several living options in gated community.

Camp Easter Road, Southern Pines, NC 29387

(910) 246-1006

**The Coventry** - Assisted living facility; 40 residents.

105 Gossman Drive, Southern Pines, NC 29387

(910) 246-1009

**The Health Center** – See listing under Nursing Homes.

**The Villas** - Independent living options - apartments and duplexes.

592 Central Drive, Southern Pines, NC 28387

(910) 246-3002

## **INDEPENDENT ADULT COMMUNITIES**

### **Bishop's Ridge**

St. James Circle; Southern Pines, NC 28387

**Program:** Single family units for adults over 55 on the outskirts of Southern Pines.

### **Knollwood Village & Midland Country Club**

Midland Road at Pennsylvania Ave., Southern Pines, NC 28327

(910) 295-5011 (Pinehurst Area Realty)

**Program:** Golf communities with town homes and condominiums. Sales and rentals for adults 55 and older.

### **Pinehurst Trace**

US HWY 15/501 North; Pinehurst, NC 28374

(910) 295-1998

**Program:** Active retirement community of single family homes for adults over 55.

## **SUBSIDIZED HOUSING**

### **Green Tree Apartments**

604 East Saunders Street; Carthage, NC 28327

(910) 947-2659

### **Greenmont Apartments**

100 Dean Street; Southern Pines, NC 28387

(910) 692-5257

### **Holiday Town Apartments**

1113 Richards St.; Southern Pines, NC 28387  
(910) 692-7013

### **Hunters Glen Apartments**

1655 Central Drive; Southern Pines, NC 28387  
(910) 692-4081

### **Jackson Terrace Apartments (Seniors 62 and older)**

700 Jackson Terrace; Carthage, NC 28327  
(910) 947-3697

### **Pinebrook Apartments**

401 West Illinois; Southern Pines, NC 28387  
(910) 692-4261

### **Pine Hill Apartments (Seniors 62 and older)**

221 Keith St.; Aberdeen, NC 28315  
(910) 944-2483

### **Providence Place (Senior Housing)**

100 Providence Place; Aberdeen, NC 28315  
(910) 693-1746

### **Random Woods Apartments**

Salsbury Street; Robbins, NC 27325  
(910) 948-3645

### **Timberlane Apartments**

190D Murray Hill Road; Southern Pines, NC 28387  
(910) 692-0999

### **Woodlawn Apartments Seniors (62 and older)**

700 Magnolia Drive; Aberdeen NC 28315  
(910) 944-2767

## **TRANSPORTATION SERVICES**

### **American Cancer Society**

Fayetteville (910) 484-0456.

**Program:** Transportation for medical treatment in Moore County.

### **Moore County Transportation Services**

PO Box 1462; 302 Monroe Street; Carthage, NC 28327

(910) 947-3389 [www.co.moore.nc.us](http://www.co.moore.nc.us)

**Hours:** Mon-Fri/8:00am-5:00pm

**Program:** MCTS provides transportation to destinations in Moore County with some out of county medical trips for Human Service Agencies. Requests for transportation are scheduled a minimum of 48 hours (2 business days) in advance and is provided on a space available basis. Service fees vary by funding source.

### **Sandhills Caretakers and Transportation Services**

See listing on page 15.

## **EDUCATION AND RECREATION**

### **EDUCATIONAL PROGRAMS**

#### **55 Alive/Mature Driving**

AARP, Department of Aging, and FirstHealth of the Carolinas

PO Box 3000; Pinehurst, NC 28374

(910) 215-1582

**Program:** 55 Alive/Mature Driving is a driving re-education program for adults age 55 and over. Held two times a year – spring and fall.

#### **AARP - Chapter 2564**

926 Knollwood Village; Southern Pines, NC 28388

(910) 692-1850

**Hours:** 10:00am on the third Tuesday of every month except July & August

**Program:** This local chapter of AARP meets monthly at the Community Congregational Church in Southern Pines. Programs are posted in The Pilot newspaper.

## **AARP Tax Aide**

Coordinator; 5415 Seven Lakes West; West End, NC 27376  
(910) 673-8404

**Program:** Trained volunteers provide tax information, assist with filling out forms, and help file tax returns for low and moderate income people at no charge.

## **American Red Cross of Moore County**

244 South West Broad St.; PO Box 407; Southern Pines, NC 28387  
(910) 692-8571

**Hours:** Mon-Fri/9:00am-4:00pm

**Program:** Offers training programs on "Preventing Disease Transmission," First Aid, CPR, and HIV/AIDS.

## **Caring for You, Caring for Me**

**AARP & Moore County Department of Aging**  
302 Monroe St.; Carthage, NC 28327  
(910) 947-2881

**Hours:** Mon-Fri/8:00am-5:00pm

**Program:** Classes for caregivers of adults over 60. Learn skills for managing the needs and requirements of the care recipient, the health care professionals, and yourself. Program offered according to interest. Call for information.

## **Center for Creative Retirement**

**Sandhills Community College**  
Airport Road; Van Deusen Hall.; Southern Pines, NC 28387  
(910) 695-3779; [www.sandhills.cc.nc.us](http://www.sandhills.cc.nc.us)

**Hours:** Mon-Fri/8:00am-5:00pm

**Program:** A continuing educational program for retirees that promotes educational, cultural, and recreational opportunities. Programs change each semester. Some are free for people over 65. Fees vary depending on programs. Handicapped accessible.

## **FirstHealth Moore Regional Hospital Patient Education**

155 Memorial Dr.; PO Box 3000, Pinehurst, NC 28374  
(910) 215-1583

**Hours:** Mon-Thurs/8:00am-5:30pm; Friday 8:00am-4:30pm

**Program:** Provides all aspects of patient education including: Health Science Library with books, videos, and research assistance; support groups, patient instructional sheets. Library located at Administration Conference Center corner of Hwy 211 and Page Road.

## **Moore County Literacy Council, Inc.**

175 West New Hampshire St.; PO Box 1966; Southern Pines, NC 28388  
(910) 692-5954

**Hours:** Mon-Fri/9:00am-5:00pm

**Program:** The Moore County Literacy Council provides one-to-one tutoring in basic reading, writing, math and English to adults. Literacy programs are conducted at places in the community and are accessible to the handicapped. Volunteers tutor non-English speaking adults; however, they speak in English. Lessons are free, books \$10 to \$30.

## **Volunteer Center of Moore County and R.S.V.P.**

2<sup>nd</sup> Floor Historic Courthouse; PO Box 905; Carthage, NC 28327  
(910) 947-6395; [www.co.moore.nc.us/volunteercenter](http://www.co.moore.nc.us/volunteercenter)

**Hours:** Mon-Fri/8:00am-5:00pm

**Program:** The Retired and Senior Volunteer Program encourages people over 55 to share their experiences and skills through volunteerism at 45 non-profit organizations in Moore County. Access to community workshops and volunteer training programs. Provides travel reimbursement, personal accident and liability insurance while on assignment, and recognition and appreciation for efforts. Provides volunteers for the Volunteer Respite Caregiving Program in cooperation with the Department of Aging.

## **LIBRARIES**

### **Given Memorial Library**

PO Box 159; 150 Cherokee Road; Pinehurst, NC 28370  
(910) 295-6022

**Hours:** Mon-Fri/9:30am-5:00pm

**About the program:** A public library with 20,000 books, 80 magazine and 8 newspaper subscriptions, government publications, large print books, paperback book exchange, puzzles. Good adult fiction and golf sections. Many award winning videos, travel videos, and 800 books-on-tape.

### **Moore County Library System**

**Program:** Branches throughout Moore County with books, books-on-tape, and videos. Also available: computers, internet access, overhead projectors, slide projectors, and 16mm projector. Large screen computers for visually challenged. Book Mobile from main library in Carthage travels to branch libraries as well as nursing homes, shopping centers, and retirement communities. The library has a section on caregiving and plans to provide educational programs in the future.  
(See locations on next page)

## Moore County Library Locations:

1. **Aberdeen: Page Memorial Library:** 100 South Poplar St; Aberdeen, 28315; (910) 944-1200. **Hours:** M-F 2:00pm-6:00pm.
2. **Carthage:** 101 Saunders Street; PO Box 400; Carthage, NC 28327.  
**Hours:** Mon, Wed, Fri 8:30am-6:00pm; Tu, Th 8:30am-8:00pm; Sat 10:00am-4:00pm.
3. **Pinebluff Library:** 305 East Baltimore Ave.; Pinebluff, NC 28373; (910) 281-3004. **Hours:** M-F 2:00pm-6:00pm.
4. **Robbins Area Library:** 161 Magnolia Dr.; Robbins, NC 27325; (910) 948-4000.  
**Hours:** Tu-10:00am-8:00pm; Wed, Th, Fri 8:00am-6:00pm; Sat 10:00am-2:00pm; Closed Sun, Mon, and lunch 1:00pm-2:00pm.
5. **Vass Area Library:** 28 Seaboard St.; Vass, NC 28394; (910) 245-2200.  
**Hours:** Tu-9:30am-8:00pm; Wed, Th, Fri 8:30am-5:30pm; Sat 8:30am-1:00pm; Closed Sun, Mon, and lunch 1:00pm-1:30pm.

## Sandhills Community College Library

Boyd Library; 3395 Airport Road; Southern Pines, NC 28387  
(910) 695-3819; [www.sandhills.cc.nc.us](http://www.sandhills.cc.nc.us)

**Hours:** Mon-Thurs 7:45am-9:30pm; Fri 7:45am-5:00pm; Sat 8:30am-2:30pm. Reduced summer hours. Closed Sundays and holidays.

**Program:** Moore County residents over 18 are eligible for a library card to check out materials from the library. You may take out books, videos, and CD's; read newspapers and magazines. The library has 79,000 books and extensive magazines and newspaper subscriptions. Over 1000 videos contain feature films, documentaries, musicals, operas, plays, children's films, and PBS programs. Art Gallery has monthly exhibitions.

## Southern Pines Public Library

170 West Connecticut Avenue; Southern Pines, NC 28387  
(910) 692-8235

**Hours:** August-May: Mon-Thurs/10:00am-7:00pm; Fri/10:00am-5:00pm Sat/10:00am-5:00pm; Sun/2:00pm-5:00pm. June-July: Mon-Thurs/10:00am-6:00pm

**About the program:** Free for residents and property owners of Southern Pines. Yearly non-resident fee is \$50.00 per adult and \$20.00 per youth. Large print books, books on tape, educational programs for adults. The library has 50,181 books, 12 magazine and 10 newspaper subscriptions.



## **RECREATION and LEISURE**

### **Aberdeen Parks and Recreation**

107 North Poplar St.; PO Box 785; Aberdeen, NC 28315  
(910) 944-5902

**Hours:** Mon-Fri/8:00am-5:00pm

**Program:** Provides leisure activities that include stretch and tone, chair exercises, special events, trips, seasonal programs, cookouts, art lessons, and line dancing.

### **Arts Council of Moore County**

482 East Connecticut Ave.; PO Box 405; Southern Pines, NC 28387  
(910) 692-4356; [www.artscouncil-moore.org](http://www.artscouncil-moore.org)

**Hours:** Mon-Fri/9:00am-5:00pm; Sat-Sun/2:00pm-4:00pm *third weekend of month*

**Program:** Offers a variety of programs in performing, visual, and literary arts for people of all ages – art tours, theater trips, day and bus tours.

### **Moore County Parks and Recreation**

155 Hillcrest Park Lane; PO Box 905; Carthage NC, 28327  
(910) 947-2504 [www.co.moore.nc.us](http://www.co.moore.nc.us)

**Hours:** Mon-Fri/8:00am-5:00pm

**Program:** Provides leisure activities that include athletics, fitness programs, classes, special events, trips, seasonal programs, and access to facilities and parks. Baseball and basketball teams for adults over 50.

### **Pinehurst Parks and Recreation**

395 Magnolia Road; PO Box 5589; Pinehurst, NC 28374  
(910) 295-2817

**Hours:** Mon-Fri/8:30am-5:00pm

**Program:** Provides leisure activities that include athletics, fitness programs, classes, special events, trips, seasonal programs, and access to facilities and parks. Clubs for Seniors: Books, Travel, Crafts, etc. Lunch & Games two times a month. Senior Games and Senior Arts. Open to residents and non-residents (with a fee).

### **Southern Pines Parks and Recreation**

Douglass Community Center; 1185 West Pennsylvania Av.; Southern Pines, NC 28387  
(910) 692-2463

**Hours:** Mon-Fri/8:30am-5:00pm

**Program:** Provides leisure activities that include athletics, fitness programs, classes, special events, trips, seasonal programs, and access to facilities and parks. Clubs for Seniors: Books, Travel, Crafts, etc. Lunch & Games two times a month. Senior Games and Senior Arts. Open to residents and non-residents (with a fee).

## Radio Stations

**WIOZ** – AM 550      Talk, news, weather  
**WEEB** – AM 990      ABC Radio Station  
**WIOZ** – FM 102.5    Mutual Affiliate  
**WQNX** – AM 1350    Talk, news, weather  
**WKQB** – FM 106.9   Oldies

## Ridercise at Prancing Horse

448 Horse and Carriage Lane; Cameron, NC 28326  
(910) 949-5533; (910) 245-3220

**Program:** A recreational and therapeutic program for adults over 50 that uses horseback riding, the learning of relative skills and information, and work within a supportive environment to improve physical function and overall wellness.

## Sandhills Horticultural Gardens

Sandhills Community College; 3395 Airport Road; Pinehurst, NC 28388  
(910) 695-3882

**Hours:** Sunrise to sunset, 7 Days a week

**Program:** The gardens cover 27 acres. Volunteer guides available for groups of 10 or more if scheduled by appointment, a minimum of three weeks in advance. Gardens are accessible to the handicapped with their own wheelchairs.

## Weymouth Center for Arts & Humanities

555 East Connecticut Ave.; PO Box 939; Southern Pines, NC 28388  
(910) 692-6261; [www.weymouthcenter.org](http://www.weymouthcenter.org)

**Hours:** Mon-Fri/10:00am-2:00pm. Guided tours available but need an appointment.

**Program:** The Weymouth Center is a 1920's era house and home of best selling author James Boyd. Collections include the North Carolina Literary Hall of Fame. From Sept-May hosts fine arts lectures, chamber music, and Regan Writers series. Tours: \$5.00 per person, \$3.00 for senior citizens and students.

## Weymouth Woods/Sandhills Nature Preserve

1024 Fort Bragg Road; Southern Pines, NC 28387  
(910) 692-2167

**Hours:** Mon-Sun/9:00am-6:00pm

**Program:** A nature preserve with trails and a nature museum. Nature programs offered upon request. Handicap accessible. Check for Sunday programs.

## **HEALTH AND FITNESS CENTERS**

### **Brick House Fitness Center**

171 South Middleton St; Robbins, NC 27325

(910) 948-2544

**Hours:** Mon-Fri/8:00am-10:00pm; Sat/9:00-2:00pm

### **Center for Health & Fitness - Pinehurst**

**FirstHealth of the Carolinas**

170 Memorial Drive; Pinehurst, NC 28374

(910) 215-1800; (888) 504-3488 *toll free*

**Hours:** Mon-Thur/5:30am-10:00pm; Fri/5:30am-9:00pm; Weekends 7:00am-7:00pm

**Program:** Provides services for members as well as rehabilitation services, physical therapy by appointment as prescribed by a physician. Facility offers Olympic free weights, exercise machines, indoor walking/jogging track, racquetball courts, exercise pool, volleyball, aerobics classes, spinning classes, weight loss and management programs, dance and yoga classes, whirlpool, saunas, massage and a child-care service. Membership fees vary.

### **Center for Health & Fitness - Southern Pines**

**FirstHealth of the Carolinas**

130 Turner Street; Southern Pines, NC 28387

(910) 692-6129

**Hours:** Mon-Thur/6:15am-8:00pm; Fri/6:15am-7:00pm; Sat/8:00am-2:00pm;  
Sun/1:00pm-5:00pm

**Program:** Facility offers Olympic free weights, exercise machines, aerobics classes, nutritional counseling, Lean for Life, massage therapy, smoking cessation classes, lifestyle counseling, and swimming lessons. They offer mind/body programs: yoga, Tai Chi, Feldenkrais, and Pilates. Exercise for older adults at Belle Meade, Penick Village, and Regency on Morganton. Monthly/annual memberships; day passes, student rates.

### **Curves for Women**

1048 Carriage Oaks Shopping Ctr., Route 24/27; Carthage, NC 28327

(910) 947-1766

1150 South Old US 1; Southern Pines, NC 28387;

(910) 246-2680

145 West Plaza Dr.; West End, NC 28376;

(910) 246-2680

**Program:** Exercises designed for women to boost metabolism and develop muscle tone. Developing programs and discounts for women over 60.

## **Gold's Aerobic & Fitness**

195 West Morganton Rd.; Southern Pines, NC 28387  
(910) 693-1400

## **Seven Lakes Health & Fitness Center**

114 Edgewater Drive; West End, NC 27376  
(910) 673-1180

**Hours:** Mon-Thurs/6:00am-9:00pm; Fri/6:00am-7:00pm; Sat/7:00am-4:00pm;  
Sun/9:00am-4:00pm

**Program:** Fitness center includes water aerobics.

## **Vass Fitness Center**

242 US Hwy 1; Vass, NC 28394  
(910) 245-3463

## **Yoga in the Sandhills**

5374 Niagara-Carthage Rd., Southern Pines.  
(910) 962-5593

# **DISEASE INFORMATION AND** **RESOURCES**

## **ALCOHOLISM**

### **Adult Children of Alcoholics**

PO Box 3424; Pinehurst, NC 28374  
(910) 295-4175

**Hours:** Call for meeting times

**Program:** A support group for adults from alcoholic families.

## **ALZHEIMER'S AND DEMENTIA**

### **Alzheimer's Association**

#### **Western Carolina Chapter**

3800 Shamrock Drive # 999; Charlotte, NC 28215-3220

(704)532-7391; **Helpline** (800) 888-6671 *Toll Free*; [www.perigee.net/~alz](http://www.perigee.net/~alz)

#### **Eastern North Carolina Chapter**

400 Oberlin Rd S-208; Raleigh, NC 27605

(919)832-3732; Helpline and support groups - (800) 228-8738 *Toll Free*

**Hours:** Mon-Fri/9:00am-5:00pm

**Program:** Both chapters of the national association provide information, education, and services to the general public, patients and families, and professionals. Services include counseling, referrals, books, and videos.

### **Alzheimer's Disease Education and Referral**

PO Box 8250; Silver Spring, MD 20907-8250

(800) 438-4380 *Toll Free*; [www.alzheimers.org](http://www.alzheimers.org)

**Hours:** Mon-Fri/8:30am-5:00pm

**Program:** Provides information and referral services for patients, families, and health professionals. Web site has summaries of resources and educational materials.

### **ManorCare Alzheimer's Support Group**

205 Rattlesnake Trail; Pinehurst, NC 28374

(910) 295-1781

**Hours:** Call for times and dates.

**Program:** Monthly support group for families with a memory-impaired loved one. Guest speakers, activities, open discussions. Monthly meetings at no charge.

### **Moore County Alzheimer's Support Groups**

#### **Alzheimer's Association - Western Carolina Chapter**

3800 Shamrock Drive # 999; Charlotte, NC 28215-3220

(704)532-7391; Helpline (800)888-6671 *Toll Free*; [www.perigee.net/~alz](http://www.perigee.net/~alz)

**Hours:** Mon-Fri/9:00am-5:00pm

**Program:** Several support groups for Alzheimer's patients and their families. Information on current meeting times can be obtained by calling the Alzheimer's Association in Charlotte. Currently two support groups are offered; one in Pinehurst and one in Aberdeen. Respite care often is available for loved ones while family members attend the group session. Calls must be made in advance for respite care.

## **Regency Support Group Memory Impairment**

Regency on Morganton; 190 Fox Hollow; Pinehurst, NC 28374  
(910) 695-0011

**Hours:** Call for times and dates.

**Program:** Monthly support group for families with a memory-impaired loved one. Guest speakers, activities, open discussions. Monthly meetings at no charge.

## **Sandhills Alzheimer's Support Group**

PO Drawer 639; Pinehurst, NC 28370  
(910) 295-6853

**Hours:** Meetings are held on the third Wednesday of each month at 7:00pm at the Bethesda Presbyterian Church in Aberdeen

**Program:** Support group for patients and families coping with Alzheimer's Disease.

## **ARTHRITIS**

### **Arthritis Foundation, Carolinas Chapter**

5019 Nations Crossing, Ste. 217; Charlotte, NC 28217  
(704) 529-5166; (800) 883-8806

**Hours:** Mon-Fri/9:00am-5:00pm

**Program:** Provides programs in basic information about arthritis, disease management, exercise, Bone Up on Arthritis - a home study self care education program and other support programs. Membership fee of \$20 per year to receive Arthritis Today, magazine.

## **Sandhills Arthritis Support Group**

**FirstHealth Patient Education Dept.**

PO Box 3000; Pinehurst, NC 28374 (910) 215-1583

**Hours:** Call for times and dates. Meetings in Moore Regional Hospital Conference Ctr.

## **BLIND AND VISUALLY IMPAIRED**

### **American Council of the Blind**

1155 15th NW Ste. 720; Washington, DC 20005

(202) 467-5081; (800) 424-8666 toll free information 2:00pm-5:00pm; [www.acb.org](http://www.acb.org)

**Hours:** Mon-Fri/9:00am-5:00pm

**Program:** An information and referral agency that also offers academic scholarships.

## **Books on Tape, Inc.**

PO Box 7900; Newport Beach, CA 92658

(800) 88-Books *New Customers*; (800) 626-3333 *Toll Free*; [www.booksontape.com](http://www.booksontape.com)

**Hours:** Mon-Fri/5:30am-6:00pm Pacific Time

**Program:** Provides new and used audio-books for sale or rent.

## **Eye to Eye**

FirstHealth Patient Education; PO Box 3000; Pinehurst, NC 28374

(910) 215-1583

**Hours:** Meetings are on 2nd Monday of each month at 2:00pm at the Southern Pines United Methodist Church.

**Program:** Eye to Eye is a support group for visually impaired people. No need to pre-register. Call to check meeting time and location.

## **National Federation of the Blind**

1800 Johnson Street; Baltimore, MD 21230

(410) 659-9314; [www.nfb.org](http://www.nfb.org)

**Hours:** Mon-Fri/8:00am-5:00pm

**Program:** A consumer advocacy organization for blind people. Provides aids, appliances, adaptive equipment, advocacy services, protection of civil rights, employment assistance, support services, development and evaluation of technology, and support for blind persons and their families. Special programs and services include: Job Opportunities for the Blind, a targeted job initiative; The International Braille and Technology Center for the Blind; Newslines, a talking newspaper; America's Jobline, a free service that allows individual telephone access to the jobs listed in America's Job Bank. The Materials Center offers literature and publications at no cost covering all aspects and issues about blindness; it sells talking clocks, Braille watches and games. Free large print publications, audio cassette tapes, and Braille catalogs for aids, appliances, and literature are available.

## **North Carolina Division of Services for the Blind**

225 Green St., Ste 500; Fayetteville, NC 28301

(910) 486-1582; (800) 422-1897 *Toll Free*

**Hours:** Mon-Fri/8:00am-5:00pm

**Program:** Services for visually impaired people include: orientation and mobility instruction; training in self-help skills, techniques, and home management; recreation with adaptation for the blind and visually impaired; home improvement services; medical transportation; in-home aides for individuals who are not capable of living independently; counseling; and health support services. No fees. Income criteria for in-home and medical transportation services.

## **Prevent Blindness America**

(847) 843-2020; (800) 331-2020 *Toll Free*; [www.preventblindness.org](http://www.preventblindness.org)

**Hours:** Mon-Fri/8:00am-5:00pm, Central Time

**Program:** Prevent Blindness America is dedicated to fighting blindness and saving sight. The organization serves people through public and professional education, community and patient services programs and research with a nation wide network of affiliates, divisions, and chapters. Dedicated to eliminating preventable blindness in America. Information Center provides free information and brochures on a wide variety of eye health and safety topics.

## **Radio Reading Service - Southeastern North Carolina**

1200 Murchison Road; PO Box 35029; Fayetteville, NC 28303

(910) 486-7007; (800) 313-7007 *Toll Free*; [www.uncfsu.edu/wfssreader.ram](http://www.uncfsu.edu/wfssreader.ram)

**Hours:** Readings daily from 6:00am-midnight. Office hours: Mon-Sat/9:00am-12pm

**Program:** Community volunteers enrich the lives of the visually and print impaired by reading 10 regional and local newspapers including The Pilot, over a 60 mile radius from WFSS-FM. The signal can be received using a SCA radio receiver or real audio on the website. The recording site is at Sandhills Community College. No charge for radio receivers or service.

## **Rehabilitation Services - Independent Living**

**NC Division of Services for the Blind**

225 Green St., Ste 500; Fayetteville, NC 28301

(910) 486-1582; (800) 422-1897 *Toll Free*

**Hours:** Monday-Friday/ 8:00am-5:00pm

**Program:** Offer assistance with reading, writing, using the phone, and cooking to individuals with visual problems. Conduct Adjustment to Blindness classes in local communities - including low vision screening, mobility evaluation, independent living instruction, adaptive aids, and transportation. Information, referral, and outreach services.

## **CANCER**

### **American Cancer Society**

(800) 227-2345 *Toll Free*

**Hours:** Mon-Fri/9:00am-5:00pm

**Program:** National Hotline with information on all problems involving cancer. Some services provided directly, others directed to involved agencies. Other services:

**Fayetteville Office** (910) 484-0456. Provides information, referrals, and speakers for group presentations. Resources for personal needs (wigs, etc.). Transportation services and some financial assistance. **South-Eastern Office** (800) 282-4914. Database for patient services in NC, SC, GA.



## **Cancer Support Group**

**FirstHealth Patient Education Dept.**

PO Box 3000; Pinehurst, NC 28374

(910) 215-1583

**Hours:** Call for times and dates. Meetings in Moore Regional Hospital Conference Ctr.

## **Reach to Recovery – Breast Cancer Support**

**FirstHealth Patient Education Dept.**

PO Box 3000; Pinehurst, NC 28374

(910) 215-1054

**Hours:** Call for times and dates.

**Program:** A visitation program staffed by former breast cancer patients designed to help meet current patients' emotional, physical and cosmetic needs.

## **DIABETES**

### **Diabetes Self-Management Program**

**FirstHealth Patient Education Dept.**

PO Box 3000; Pinehurst, NC 28374

(910) 693-3605

**Hours:** Call for times and dates.

**Program:** An education program accredited by the American Diabetes Assoc.

## **Diabetic Support Group**

**FirstHealth Patient Education Dept.**

PO Box 3000; Pinehurst, NC 28374

(910) 215-1583

**Hours:** Call for times and dates. Meetings in Moore Regional Hospital Conference Ctr.

## **DIALYSIS**

### **Dialysis Support Group**

**FirstHealth Patient Education Dept.**

PO Box 3000; Pinehurst, NC 28374

(910) 215-1583

**Hours:** Call for times and dates. Meetings in Moore Regional Hospital Conference Ctr.

## **FIBROMYALGIA**

### **Fibromyalgia Network**

PO Box 31750; Tucson, AZ 85751-1750

(919) 776-2974 (*Sanford*); (800) 853-2929 *Toll Free*; [www.fmnetnews.com](http://www.fmnetnews.com)

**Hours:** Call for times and dates. Meetings are held in the Moore Regional Hospital Conference Center.

**Program:** Assists FMS and CFS patients in understanding their condition through a local support group network referral system. The organization produces a newsletter on research findings, new treatment options, and tips on coping. Publishes an information booklet on the disease with a listing of patient contacts and physician referrals.

## **HEARING LOSS**

### **Audibel Hearing Solutions of the Sandhills**

Yadkin Plaza; 340 Commerce Ave.#13; Southern Pines, NC 28387

(910) 246-0700

**Hours:** Mon-Thurs/9:00am-5:00pm; Fri/8:00am-1:00pm

**Program:** State of the art equipment, digital hearing aids, in office repairs. Free video otoscope exams and hearing tests.

### **Audiology of the Sandhills.**

1902-K North Sandhills Blvd.; Aberdeen, NC 28315

(910) 692-6422

**Hours:** Mon-Thurs/9:00am-5:00pm; Fri/9:00am-12:00pm

**Program:** Comprehensive hearing care clinic: hearing tests, hearing aids, supplies, sales, repairs.

### **Hearing Aid Helpline**

International Hearing Society; 16880 Middlebelt Rd. Ste. 4; Livonia, MI 48154

(734) 522-7200; (800) 521-5247 *Toll Free, press 3 for the Helpline*

**Hours:** Mon-Fri/8:00am-5:00pm

**Program:** Callers leave their names and addresses on voice mail to receive a free "consumer kit" which is information on hearing loss, hearing aids, and a list of qualified hearing instrument specialists in their area.

### **Internal Revenue Service for Hearing Impaired**

(800) 829-4059 *Toll Free*

**Program:** Income Tax Information for the hearing impaired. Phone needs to be equipped with TTY Data Equipment.

## **Miracle-Ear Center**

1744-A NC Highway 5; Aberdeen, NC 28315  
(910) 295-2958

**Hours:** Mon-Thurs/9:00am-5:00pm; Fri/9:00am-3:00pm

**Program:** Annual hearing tests, digital hearing aids; check-ups, cleaning, tune-ups. Free hearing exams.

## **HEART**

### **American Heart Association**

2711 Breezewood, Suite A; Fayetteville, NC 28301  
(910) 323-9387; [www.americanheart.org](http://www.americanheart.org)

**Hours:** Mon-Fri/9:00am-1:00pm

**Program:** Patient education, publications, diet and exercise suggestions, cook books, etc.

## **Stroke Club**

**FirstHealth Patient Education Dept.**

PO Box 3000; Pinehurst, NC 28374  
(910) 215-1583

**Hours:** Call for times and dates. Meetings in Moore Regional Hospital Conference Ctr.

**Program:** Supported by Easter Seals.

## **Zipper Club**

**FirstHealth Patient Education Dept.**

PO Box 3000; Pinehurst, NC 28374  
(910) 215-5266 or (910) 215-1583

**Hours:** 4<sup>th</sup> Tuesday of each month at 7:00pm in Monroe Auditorium.

**Program:** Support group for those who have had open heart surgery.

## **LUNG DISEASE**

### **American Lung Association of North Carolina**

2583 Ravenhill Road Suite 202; PO Box 40236; Fayetteville, NC 28303  
(910) 486-5864; (800) 821-6205 *Toll Free*; [www.lungnc.org](http://www.lungnc.org)

**Hours:** Mon-Fri/8:30am-4:30pm

**Program:** A referral service providing information about lung disease.

## **Better Breathers Support Group**

**FirstHealth Patient Education Dept.**

PO Box 3000; Pinehurst, NC 28374

(910) 692-3191

**Hours:** Meets the third Tuesday of the month at 10:00am at Brownson Memorial

## **LUPUS**

### **Lupus Support Group**

**FirstHealth Patient Education Dept.**

PO Box 3000; Pinehurst, NC 28374

(910) 215-1583

**Hours:** Call for times and dates. Meetings in Moore Regional Hospital Conference Ctr.

## **OSTEOPOROSIS**

### **Osteoporosis Support Group**

**FirstHealth Patient Education Dept.**

PO Box 3000; Pinehurst, NC 28374 (910) 215-1583

**Hours:** Call for times and dates. Meetings in Moore Regional Hospital Conference Ctr.

## **OSTOMY**

### **Sandhills Ostomy Association**

**FirstHealth Patient Education Dept.**

PO Box 3000; Pinehurst, NC 28374

(910) 215-1583

**Hours:** Call for times and dates. Meetings in Moore Regional Hospital Conference Ctr.

**Program:** For patients who have had colostomy, ileostomy, or urostomy and their families.

## **PARKINSON**

### **Sandhills Parkinson Support Group**

**FirstHealth Patient Education Dept.**

PO Box 3000; Pinehurst, NC 28374

(910) 215-1583

**Hours:** Call for times and dates. Meetings in Moore Regional Hospital Conference Ctr.

## **MENTAL HEALTH PROGRAMS**

### **Behavioral Services**

#### **FirstHealth of the Carolinas**

155 Memorial Drive; PO Box 3000; Pinehurst, NC 28374  
(910) 215-3260

**Hours:** Mon-Sat/24hours Inpatient Units; Mon-Fri/8:30am-5:00pm Outpatient Units

**Program:** A mental health facility specializing in patients with chemical dependency and dual diagnosis. They can provide in-home services and partial hospitalization. Also offer divorce mediation, detoxification, and 24-hour observation. Accepts all major insurance plans, Medicare and Medicaid. Work with patients who speak Spanish.

### **Sandhills Center for Mental Health**

#### **Moore County Out-patient Clinic**

205 Memorial Drive/Highway 211; Pinehurst, NC 28374  
(910) 295-6853; (910) 295-6853 24-hour Crisis Line; [www.sandhillscenter.org](http://www.sandhillscenter.org)

**Hours:** Mon-Fri/8:30am-5:00pm; Tues & Thurs until 9:00pm for appointments.

**Program:** An Outpatient Mental Health Clinic. Specialty areas include: Alzheimer disease (work with Caregivers), marriage, family, relationships, sexual dysfunction, aging, depression, anxiety, schizophrenia, substance abuse, and personality disorders. Sliding scale/pro bono based on heavy medical bills. Most insurance, Medicaid, Medicare accepted.

## **MEDICAL EQUIPMENT & SUPPLIES**

### **American Health Services**

750 North Sandhills Blvd; Aberdeen, NC 28315  
(910) 944-1108

**Hours:** Mon-Fri/8:00am-5:00pm

**Program:** Leases home medical equipment including beds, wheelchairs, seat lift chairs, oxygen, nebulizers, diabetic supplies, etc. Delivers, repairs, and services. Private pay, Medicare, Medicaid, and private insurance.

### **Family Medical Supply**

2229 North Pinehurst St. (Hwy. 5); Aberdeen, NC 28315  
(910) 255-0005

**Hours:** Mon-Fri/9:00am-5:30pm

**Program:** Home oxygen and medical equipment including beds, wheelchairs, seat lift chairs, diabetic supplies, scooters, power wheelchairs, etc. Repairs, services, and deliveries.

## **FirstHealth Home Medical Equipment and Supplies**

The Commons; US HWY 1, Southern Pines, NC 28387

(910) 692-1943; (800) 672-5557 *Toll Free*; (910) 255-3657 *Orders*

**Hours:** Mon-Fri/8:30am-5:00pm; Sat/10:00am-2:00pm *Retail store only*

**Program:** Home medical equipment including beds, wheelchairs, oxygen, seat lift chairs, diabetic supplies, scooters, power wheelchairs, etc. Delivery and repairs on medical equipment. Private pay, Medicare, Medicaid, and other insurance. Assistance with medical forms.

## **Orthotics & Prosthetics of Pinehurst**

95 Aviemore Drive, Suite A; Pinehurst, NC 28374

(910) 295-4489

**Hours:** Mon-Fri/9:00am-5:00pm

**Program:** Custom manufacture and fitting of devices for people with diabetes, breast cancer, and strokes. Braces, shoes, surgical stockings, breast prostheses, limbs, etc.

## **Top Secret Fashions**

149 Woodlawn St. (behind post office); West End, NC 27376

(910) 673-5470; (877) 246-0887 *Toll Free*

**Hours:** Tu, Th, Fri/10:00am-7:00pm; Wed/10:00am-7:00pm

**Program:** Mastectomy prostheses, lingerie, wigs, and hairpieces. RN/Certified Fitter. Medicare, First Choice, and Cigna.

# **END OF LIFE**

## **Planning**

### **Isn't it Time We Talk - Respecting Choices.**

AARP & Moore County Department of Aging

302 Monroe St.; Carthage, NC 28327

(910) 947-2881

**Hours:** Mon-Fri/8:00am-5:00pm

**Program:** Assists family members to talk about the difficult issues of living wills, health care power of attorney, and legal power of attorney. Helps family members to learn about and respect each other's wishes if they are unable to speak for themselves. See Appendix for information on Advance Directives.

## **Lifetime Funeral Planning Services, Inc.**

100 West Plaza, Seven Lakes; PO Box 403; West End, NC 27376  
(910) 673-6131

**Program:** Assist families to plan for funerals, cremation, obituaries. Advance purchase of services. Bereavement counseling. Arrangements for blended family households.

## **HOSPICE CARE**

### **FirstHealth Hospice**

5 Avimore Drive; Pinehurst, NC 28374  
(910) 215-6000; [www.firsthealth.org](http://www.firsthealth.org)

**Hours:** Mon-Fri/8:00am-5:00pm (business); 24 hour availability

**Program:** Provides comfort and care to persons and their families with a life limiting illness. Services include physicians, nursing, medical social services, CNA's, spiritual care, volunteers, and bereavement services. Hospice serves patients in their homes, assisted living facilities, and nursing centers. For people who do not speak English, interpreters and language line are used. Payment reimbursed through Medicare, Medicaid, and private insurances. No one denied care based on ability to pay.

## **GRIEF SUPPORT GROUPS**

### **Boles Funeral Home**

#### **Grief Support Group**

1345 Old US #1; Southern Pines, NC 28287  
(910) 692-6262

**Hours:** Meets quarterly. Call for location, dates, and times.

**Program:** Assists persons with grief to work through their feelings and to share informally with others with similar losses. Group is open to anyone in the community after the death of a loved one.

### **FirstHealth Hospice**

PO Box 1956; Pinehurst, NC 28374  
(910) 215-6000

**Hours:** Mon-Fri/9:00am-5:00pm (office).

**Programs:** Several grief support groups are open to all residents whether or not their loved one was a hospice patient. Call for times and locations.

**Caring Support Group** - a monthly support group for adults.

**Ended Beginnings** - support assistance to families.

**New Beginnings** – a seven-week course for adults after the loss of a loved one.

**When Someone Very Special Dies** - for children and teens to help in understanding loss and grief. A simultaneous group is also offered for parents.

# **GRANDPARENTS RAISING** **GRANDCHILDREN**

## **EMERGENCY SERVICES**

### **Carolinas Poison Center**

PO Box 32861; Charlotte, NC 28232-2861

(800) 848-6946 *Toll Free*; (800) 222-1222 *Toll Free National Hot Line*

**Hours:** 24 hours per day 7 days a week

**Program:** An emergency telephone resource for poisoning information, staffed 24 hours a day, 7 days a week by registered nurses and pharmacists trained to provide diagnostic and treatment advice for accidental poisonings to the public and health care professionals at no cost. Educational materials available.

## **JUST FOR GRANDPARENTS**

### **AARP Grandparent Information Center**

601 E Street, NW; Washington, DC 20049

(202) 434-2296; (800) 424-3410 *Toll Free*; [www.aarp.org](http://www.aarp.org)

**Hours:** Mon-Fri/9:00am-4:00pm

**Program:** Provides information and resources to help grandparents cope with their caregiving roles. Works with national and community agencies in the child care, aging, legal, and family service fields to address this rapidly emerging phenomenon. Call for information sent free of charge for AARP members.

### **Grandparent Support Meetings**

**Moore County Department of Aging**

302 Monroe St.; PO Box 487; Carthage, NC 28387

(910) 947-2881

**Program:** Monthly meetings for Grandparents Raising Grandchildren. Speakers and discussions of relevant topics.



## **SERVICES AND FAMILY COUNSELING**

### **Child & Youth-Community Based Alternative Program**

#### **Sandhills Center for Mental Health**

1120 Seven Lakes Drive; PO Box 9; West End, NC 27376

(910) 673-9111; [www.sandhillscenter.org](http://www.sandhillscenter.org)

**Hours:** Mon-Fri/8:30am-5:00pm

**Program:** Provides services to children age 7-17 referred by the court system or other agencies or individuals. Consists of volunteer matches, group counseling, activities, work projects, and a restitution program. Income based sliding scale fees.

### **Friend to Friend**

111 McNeill Street; PO Box 1508; Carthage, NC 28327

(910) 947-3333

**Hours:** Mon-Fri/9:00am-5:00pm; Shelter and crisis line 24 hours/7 days a week

**Program:** Free 24 hour telephone counseling, 9-5 walk-in counseling, court advocacy, shelter for victims of domestic violence and sexual assault, including rape, incest, spouse battering, child abuse, elder abuse, and sexual abuse. "BRIDGES", a community based group working with the Hispanic/Latino population, provides counseling to victims, families, and friends of rape and or sexual abuse. Referrals for those needing medical, legal, financial, or professional counseling. Provides support groups, emergency shelter from domestic violence, child care for residents of the center, and activities for the children. Offers parenting and life skills classes to victims.

### **Moore County Child Support Enforcement Agency**

PO Drawer 379; Carthage, NC 28327

(910) 947-2118; [www.co.moore.nc.us](http://www.co.moore.nc.us) (Program listed under Health and Social Services)

**Hours:** Mon-Fri/ 8:00am-5:00pm

**Program:** Provides services to locate and enforce paternity support. \$10-\$25 non-refundable application fee.

### **Moore County Department of Social Services**

PO Box 938; Carthage, NC 28327

(910) 947-2436 [www.co.moore.nc.us](http://www.co.moore.nc.us)

**Hours:** Mon-Fri/8:00am-5:00pm

**Program:** Provides financial assistance, protective services, and case management for underserved populations in Moore County. Programs include: child day care, work first family assistance, food stamps, Medicaid, protective services, placement services, guardianship services, at risk case management, medical transportation, and others.

## **Moore County Vocational Rehabilitation**

300 Blake Boulevard; Pinehurst, NC 28374  
(910) 295-1530

**Program:** Provides rehabilitation services to persons with physical, mental, learning, or emotional impairment that affects employment. Helps to find employment or provides vocational education or re-education to gain and maintain employment.

## **Partners for Children and Families - Moore County**

760 NW Broad Street; Southern Pines, NC 28387  
(910) 693-3347

**Hours:** Mon-Fri/8:00am-5:00pm

**Program:** Provides funding for projects serving young children up to 5 years old and their families. Administers the Smart Start program.

## **Robbins Police Department**

110 South Middleton Street; PO Box 687; Robbins, NC 27325  
(910) 948-3331

**Program:** Provides two programs - DARE and CARE - for school age children. The programs help maintain security and well-being of the Robbins community.

## **Sandhills Interfaith Hospitality Network**

PO Box 1173; Aberdeen, NC 28315  
(910) 944-7149

**Hours:** Mon-Fri/8:30am-5:00pm

**Eligibility:** Families with employment or employment in the near future who are without housing or who are about to become homeless. No substance abuse.

**Program:** Dedicated to alleviating homelessness. SIHN provides shelter, meals, and comprehensive assistance to families with children. Provides car to enable employment.

## **SEARCH Family Group**

**Sandhills Center for Mental Health**

PO Box 455; Southern Pines, NC 28388  
(910) 673-7800; (910) 639-1072

**Hours:** Mon-Wed/8:00am-5:00pm.

**Program:** Support group for families with children and youth with serious emotional, behavioral, or mental disorders. Provides child care and a light supper on meeting nights at no charge, but call ahead to make reservations.

**Support meetings:** Held on the last Wednesday of each month at 6:30pm; Brownson Memorial Presbyterian Church at 330 N. May St., Southern Pines.

## **Specialized Children's Treatment Program**

### **Sandhills Center for Mental Health**

1120 Seven Lakes Drive; PO Box 9; West End, NC 27376

(910) 673-9111

**Hours:** Mon-Wed/8:00am-5:00pm.

**Program:** Provides case management services that integrate mental health, educational, medical, and vocational services. The program serves children who have aggressive behaviors, who have had legal involvement with the State of North Carolina, and who have handicapping conditions.

## **HEALTH PROGRAMS**

### **Easter Seals of North Carolina**

2315 Myron Dr.; Raleigh, NC 27607

919) 783-8898; (800) 662-7119 *toll free*; [www.easterseals.org](http://www.easterseals.org)

**Hours:** Mon-Fri/8:00am-5:00pm

**Program:** Helps to maximize an individual's potential for living, learning and working in their communities. Programs include camping/recreation, children's therapy services, Easter Seals, advocacy, transportation, family support services, medical equipment program, stroke and post-polio support groups.

### **March of Dimes, Cape Fear Division**

3013 Raeford Road; Fayetteville, NC 28303

(910) 483-3691; [www.modimes.org](http://www.modimes.org)

**Hours:** Mon-Fri/9:00am-5:00pm

**Program:** A volunteer health organization dedicated to preventing birth defects and infant mortality through programs of community services, advocacy, research, and education. Offers prenatal and postpartum education programs.

### **Moore County Dental Care Center**

FirstHealth Dental Care Centers

105 Perry Drive; Southern Pines, NC 28387

(910) 692-5111

**Program:** Dental program for low-income families. Grandchildren, ages 4-17, living with grandparents on Medicaid.

## **Moore County Health Department**

705 Pinehurst Ave.; PO Box 279; Carthage, NC 28327  
(910) 947-3300; (910) 947-3395 *for appointments*

**Hours:** Mon/8:00am-4:00pm; Tue/8:30am-4:00pm; Wed/8:00am-4:30pm;  
Thurs/8:30am-4:00pm; Fri/7:45am-12:00pm Call to check hours.

**Program:** Provides immunizations, immunization updates, tuberculosis tests, information on communicable disease, breast and cervical cancer prevention, family planning, maternity services, child and adult health clinics, neuromuscular/orthopedic clinic, seasonal flu shots, sixth grade hepatitis B immunizations, and sickle cell counseling. Programs include nutritional services for women, infant, and children; Smart Start, child fatality, Head Start, and HIV information. Most services are free.

## **Women's and Children's Services**

**FirstHealth of the Carolinas**

PO Box 3000; Pinehurst, NC 28374  
(910) 215-2275

**Hours:** Call for class schedule

**Program:** Women's and Children's Services coordinates classes such as Prepared Childbirth, Cesarean Birth, Infant Feeding, Baby and Me, Infant Safety & CPR, Family Class, and Preparing for Pregnancy. Hosts a pregnancy fair twice a year.

## **EDUCATIONAL PROGRAMS**

### **The ARC of Moore County**

150 West Vermont Avenue; PO Box 773; Southern Pines, NC 28388  
(910) 692-8272  
[www.thearcofmoorecounty.org](http://www.thearcofmoorecounty.org)

**Hours:** Mon-Fri/8:30am-5:00pm

**Program:** Provides support, programs and services for the developmentally disabled and their families. Organizes recreational programs. Offers an in-home respite care program to provide quality care for the disabled family member to give a break to caregivers (hourly or overnight). Some fees based on sliding scale.

## **Moore County Cooperative Extension**

707 Pinehurst Avenue; PO Box 1149; Carthage, NC 28327

(910) 947-3188; [www.co.moore.nc.us](http://www.co.moore.nc.us) (Look under Environmental Services, then Cooperative Extension)

**Hours:** Mon-Fri/8:00am-5:00pm

**Program:** Provides a broad range of educational programs including 4-H, extension homemakers, family and consumer education, grandparents raising grandchildren, school age care training for child care providers, and parent education.

## **Moore County Head Start**

105 Clark Street; PO Box 1270; Carthage, NC 28327

(910) 947-5422

**Hours:** Mon-Fri/8:30am-2:30pm; before and after care hours: 6:30am-8:30am and 2:30pm-6:30pm/Mon-Fri. **Area Served:** Aberdeen, Southern Pines, Taylortown, Vass.

**Program:** Pre-school program for children between the ages of 3 and 5. Provides a comprehensive program to meet the emotional, social, health, nutritional, and psychological needs of children. Families must meet low income or disability guidelines. Head Start programs are always accepting volunteers.

## **Moore County Schools**

Administrative Offices; PO Box 1180 Highway 15-501; Carthage, NC 28327

(910) 947-2976

**Hours:** Mon-Fri/8:00am-5:00pm

**Program:** Serves students PreKindergarten-12<sup>th</sup> Grades. Programs include After School Care, Chapter I Reading, special education services, summer programs, student services, tutoring, business/industry liaison program, community education, driver education, job training partnership, and migrant education.

## **Restart of Moore County**

**Sandhills/Moore Coalition for Human Care**

PO Box 460; Carthage, NC 28327

(910) 693-1600

**Program:** Provides offenders and ex-offenders with job-readiness training, employment, housing, and some financial assistance. Helps offenders develop a positive work record and satisfactory adjustment to society.

## **Safe Sitter**

### **FirstHealth of the Carolinas**

PO Box 3000; Pinehurst, NC 28374

(910) 215-1582

**Program:** A two-day nationally certified training program for boys and girls to improve their skills in caring for young children. It covers babysitting, safety tips, child development, first aid and emergency medical procedures if a child chokes or stops breathing. \$20.00 fee.

## **Sandhills Children's Center, Inc.**

1280 Central Drive; Southern Pines, NC 28387

(910) 692-3323

**Hours:** Mon-Fri/7:30am-5:30pm

**Program:** A private, non-profit day school for young children with and without special developmental needs. Provides education, health care, and therapeutic services to children who have vision or hearing problems, mental retardation or physical disabilities. Transportation is provided for all children with developmental disabilities. Accepts children with developmental disabilities and special needs infant to 5 years.

## **RECREATION PROGRAMS**

### **Cameron Boys Camp**

**Baptist Children's Homes of NC, Inc**

PO Box 277; Cameron, NC 28326

(910) 245-4034

**Hours:** Residential Program - Call for appointments Mon-Fri/8:30am-5:00pm.

**Program:** The Cameron Boy's Camp is a year-round therapeutic camp for boys, 10-15 years old, experiencing problems with family, community, or school. Boys participate in wilderness activities to benefit from group process. Sliding scale fees.

### **Boys and Girls Clubs of the Sandhills**

115 Memorial Park Court; PO Box 1761; Southern Pines, NC 28388

(901) 692-0777

**Program:** An after school youth development program for boys and girls ages 6 to 18. The mission is to inspire, enable, and educate youngsters of all backgrounds and circumstances to realize their potential and to become responsible, productive, and caring citizens. \$5.00 yearly membership.

## **Boy Scouts – Southern Pines**

482 E. Connecticut Avenue; Southern Pines, NC 28387  
(910) 695-7252

**Hours:** Mon-Fri/8:00am-5:00pm

**Program:** Program for boys that teaches ethical behavior, citizenship, self reliance and team work. The merit badge program offers subjects from astronomy to zoology.

## **Girl Scouts - Southern Pines**

482 East Connecticut Avenue; Southern Pines, NC 28387  
(910) 692-6516

**Program:** Program for girls designed to develop the essential characteristics of critical thinking and self assurance necessary to become leaders.

## **Malcolm Blue Farm and Museum**

Bethesda Road (Formerly Pee Dee Road); Aberdeen, NC  
(910) 944-7558

**Hours:** Wed-Sat/1:00pm-4:00pm (except holidays)

**Program:** Historic 170 year-old farmhouse on 10 acres open year round. At the annual festival a Children's Day offers storytelling, puppet shows, craft demonstrations – pottery, basket making, carving, spinning, weaving, candle and soap making. Farm animals in the stables, pony rides, wagon rides, live music, etc.

## **Moore County Special Olympics**

PO Box 2361; Southern Pines, NC 28388  
(910) 949-2044

**Program:** The Special Olympics is a year-round sports training program for persons 8 and up with mental retardation.

## **Moore Youth Services at the Sandhills Center**

PO Drawer 639, Pinehurst, NC 28370  
(910) 295-6853

**Program:** Provides programs such as Adventure Challenge Ropes Course, Juvenile Restitution, and Teen Court.

## **Prancing Horse, Inc.**

448 Horse 'n' Carriage Lane; Cameron, NC 28326  
(910) 245-3220

**Hours:** Mon-Fri/9:00-5:00, Weekends by appointment only.

**Program:** Therapeutic horseback riding for people with learning problems, physical and mental handicaps. Ridercise program for adults over 50. Fees vary according to program.

## **TRANSPORTATION**

### **Moore County Transportation Services**

PO Box 1462; 302 Monroe Street; Carthage, NC 28327  
(910) 947-3389

**Hours:** Mon-Fri/8:00am-5:00pm

**Program:** MCTS provides transportation to destinations in Moore County with some out of county medical trips for Human Service Agencies. Requests for transportation are scheduled a minimum of 48 hours (2 business days) in advance and is provided on a space available basis. Service fees based on funding source.

## **LEGAL SERVICES**

### **Guardian ad Litem – Moore County**

205 Dowd Street; Carthage, NC 28327  
(910) 947-4843

**Hours:** Mon-Fri/8:00am-5:00pm

**Program:** Court appointed guardians advocate for abused and neglected children. They follow and track the child's progress.

### **Juvenile Justice - Moore County**

PO Box 834; Carthage, NC 28327  
(910) 947-2052

**Program:** Assistance for families of children with delinquent behavior that are referred by the courts or for families who request help with children with undisciplined behavior – truancy, defiance, runaway, curfew, etc.



## **Moore Buddies**

10677 US Hwy 15-501; PO Box 2418; Southern Pines, NC 28388  
(910) 693-1789

**Program:** A mentor program that builds one-on-one relationships between adult volunteers and court-involved or at-risk youth.

## **Sentencing Services**

204C East Saunders Street; PO Box 1034; Carthage, NC 28327  
(910) 947-3180

**Hours:** Mon-Fri/8:30am-5:00pm

**Program:** Provides the court system with alternatives to incarceration of non-violent felony/misdemeanor offenders. Usually requested through the attorney. Majority are drug related offenses; offenders are linked to resources for rehabilitation.

## **SUBSTANCE ABUSE**

### **Bethany House**

240 East Vermont Ave.; Southern Pines, NC 28387  
(910) 692-0779

**Hours:** Mon-Fri/9:00am-5:00pm

**Program:** A residential halfway house for women who are recovering from alcohol and/or drug abuse. Counseling with Pinehurst Treatment center and Sandhills Mental Health as needed.

### **Bethesda House**

204 North Pine Street; Aberdeen, NC 28315  
(910) 944-7700

**Hours:** Daily/9:00am-7:30pm

**Program:** Services include a social detoxification program, an adult halfway house, and in-house counseling for men recovering from alcohol and/or drug abuse after an initial residential treatment program at Sandhills Mental Health Center.

## **Drug Free Moore County**

PO Box 718; Carthage, NC 28327  
(910) 947-1902

**Program:** Develops strategies to prevent substance abuse. Call for information.

## **Sandhills Teen Challenge**

444 Farmlife School Road; Carthage, NC 28327  
(910) 947-2944

**Program:** A Christ-centered program that works with alcohol/drug addicts. Maintains a residential program, a crisis counseling service, and a drug prevention and education program in the schools.

## **SPECIAL PROGRAMS**

### **Camp Lost and Found**

**FirstHealth Hospice**

5 Aviemore Drive; Pinehurst, NC 28374  
(910) 215-6000

**Program:** A camp program designed for children and teenagers, ages 5-17, who have lost a loved one. It provides grief education in a comfortable environment that includes a variety of recreational activities. Camps are held in both Moore and Lee Counties.

### **Empty Stocking Fund**

**Sandhills Chapter of the Retired Officers Association**

PO Box 4205; Pinehurst, NC 28374  
(910) 295-6947

**Program:** Works in cooperation with area churches, schools, and organizations to provide families with wrapped gifts for Christmas. Children receive an article of clothing and a toy; adults receive an article of clothing or household item. Each family receives a food basket or food voucher. Eligibility requirements for the program are determined by income levels as specified by the Department of Social Services. The Chapter meets with potential families in September. Interested persons may call the Moore County Department of Social Services (910) 947-2436 for meeting times.

### **Teddy Bear Fair**

**FirstHealth of the Carolinas**

PO Box 3000; Pinehurst, NC 28374  
(910) 215-1582

**Program:** A three-day activity event for first graders to visit the hospital to learn about what happens when they arrive as a patient. The program helps to reduce anxiety and stress in younger children when visiting the hospital.

**Appendix A: Descriptions of Adult Housing Options:*****Continuing Care Retirement Communities***

Continuing care retirement communities (CCRCs), continuing care facilities, or life-care communities differ from other retirement options by providing housing and health-related services either for life or for a period in excess of one year. “Continuing Care” is defined by North Carolina General Statutes as, “...the furnishing to an individual other than an individual by blood, marriage, or adoption to the person furnishing the care, of lodging together with nursing services, medical services, or other health related services pursuant to an agreement effective for the life of the individual or for a period in excess of one year.” Generally, prospective residents must be capable of independent living when they enter the community.

The typical CCRC provides independent accommodations that may include full or efficiency apartments, villas, or cluster homes as well as community dining, social and recreational areas, and a wide range of services including meals, housekeeping, transportation, and health-related services. In North Carolina, CCRCs offer the level of care of either nursing homes or adult care homes, and may provide both.

Depending on the individual community, these accommodations, activities, and services may be paid for in a monthly fee or purchased as needed. Usually a substantial entrance fee is charged in addition to monthly fees. Entrance fees can be non-refundable, partially refundable, or fully refundable. The majority of CCRCs are private pay, although a few have some subsidized units.

Continuing care communities typically offer one (or more) of four types of agreements or contracts, as defined below:

- 1) *Extensive, or life care*, contracts provide independent living and health-related services in exchange for a price, usually consisting of an entrance and monthly fees. No additional fees are generally required as one moves from one level of service to another.
- 2) *Modified contracts* provide independent living and a specified amount of health-related services in exchange for an entrance fee and monthly fees. Health-related services are provided at a subsidized rate or are free for a specified number of days.
- 3) *Fee-for-service contracts* provide independent living and guaranteed access to health-related services in exchange for an entrance fee and monthly fees. Health-related services are provided at the going, full per diem rate.
- 4) *Equity contracts* involve an actual real estate purchase, with a transfer of ownership of the unit. Health-related service arrangements vary.

Because CCRCs include contractual requirements where, for certain fees, the facility agrees to provide health care coverage over a given period of time, they are considered an insurance product and are regulated by the North Carolina Department of Insurance. They are also licensed by the state Division of Facility Services for the adult care home or nursing home level of care they provide.

## *Adult Care Homes*

Adult care homes are residences for older and disabled adults who may require 24-hour supervision and assistance with personal care needs. People in adult care homes typically need a place to live, some help with personal care (such as dressing, grooming and medication management), and some limited supervision. Medical care may be provided on occasion but is not routinely needed. Medication may be given by designated, trained staff.

Adult care homes or assisted living facilities are not nursing homes and differ in the level of care and qualifications of staff. They are licensed by the North Carolina State Division of Facility Services (Group Care Section) and are monitored by Adult Home Specialists within the County Department of Social Services. Facilities that violate licensing rules are subject to sanctions and fines.

These homes vary in size from family care homes of two to six residents to adult care homes of more than 100 residents. These homes were previously called "domiciliary homes." Some people refer to them as "rest homes." The smaller homes, with 2 to 6 residents, are still referred to as *family care homes*. The larger residential facilities are often called *assisted living*. In addition, there are Group Homes for Developmentally Disabled Adults, which are licensed to house two to nine developmentally disabled adult residents.

Adult care homes must respect the rights of individuals as outlined in the North Carolina General Statutes. The North Carolina Ombudsman Program handles concerns and complaints of adult care home residents and provides a variety of services and assistance to adult care home residents, families, and providers.

To help low-income families pay for the cost of care in adult care homes, North Carolina operates the State-County Special Assistance Program offered through the County Departments of Social Services. Recently, adult care homes have not only undergone a change in name but also in their source of funding and expectations for staff training. Medicaid is now a source of support for residents who qualify based on income and personal care needs. Personnel at the county DSS can answer questions about the use of these funds.

**Appendix B: Residents Bill of Rights*****North Carolina's Adult Care Home  
Residents' Bill of Rights***

(Condensed Version)

**EVERY RESIDENT SHALL HAVE THE FOLLOWING RIGHTS:**

- (1) To be treated with respect, consideration, dignity, and full recognition of his or her individuality and right to privacy.
- (2) To receive care and services which are adequate, appropriate, and in compliance with relevant federal and State laws and rules and regulations.
- (3) To receive upon admission and during his or her stay a written statement of the services provided by the facility and the charges for these services.
- (4) To be free of mental and physical abuse, neglect, and exploitation.
- (5) Except in emergencies, to be free from chemical and physical restraint unless authorized for a specified period of time by a physician according to clear and indicated medical need.
- (6) To have his/her personal and medical records kept confidential and not disclosed without the written consent of the individual or guardian, which consent shall specify to whom disclosure may be made, except as required by applicable state or federal statute, regulations, or third party contracts. In the case of an emergency, disclosure can be made to agencies, institutions or individuals who are providing the emergency medical services.
- (7) To receive a reasonable response to his or her requests from the facility administrator and staff.
- (8) To associate and communicate privately and without restriction with people and groups of his or her own choice on his or her own or their initiative at any reasonable hour.
- (9) To have access at any reasonable hour to a telephone where he or she may speak privately.
- (10) To send and receive mail promptly and unopened, unless the resident requests that someone open and read mail, and to have access at his or her expense to writing instruments, stationary, and postage.

(11) To be encouraged to exercise his or her rights as a resident and citizen, and to be permitted to make complaints and suggestions without fear of coercion or retaliation.

(12) To have and use his or her own possessions where reasonable and have an accessible, lockable space provided for security of personal valuables. This space shall be accessible only to the residents, administrator and supervisor-in-charge.

(13) To manage his or her personal needs funds unless such authority has been delegated to another. If authority to manage personal needs funds has been delegated to the facility, the resident has the right to examine the account at any time.

(14) To be notified when the facility is issued a provisional license or notice of revocation of license by the Carolina Department of Human Resources and the basis on which the provisional license or notice of revocation of license was issued. The resident's responsible family member or guardian shall also be notified.

(15) To have freedom to participate by choice in accessible community activities and in social, political, medical, and religious resources and to have freedom to refuse such participation.

(16) To receive upon admission to the facility a copy of this section.

(17) To not be transferred or discharged from a facility except for medical reasons, the resident's own or other residents' welfare, nonpayment for the stay, or when the transfer is mandated under State or Federal law. The resident shall be given at least 30 days advance notice to ensure orderly transfer or discharge, except in the case of jeopardy to the health or safety of the resident or others in the home. The resident has the right to appeal a facility's attempt to transfer or discharge the resident. The resident shall be allowed to remain in the facility until resolution of the appeal.

## ***North Carolina's Nursing Home Residents' Bill of Rights***

(Condensed Version)

### **EVERY RESIDENT SHALL HAVE THE FOLLOWING RIGHTS:**

- (1) To be treated with consideration, respect, and full recognition of personal dignity and individuality.
- (2) To receive care, treatment, and services that are adequate and appropriate, and in compliance with relevant federal and State statutes and rules.
- (3) To receive at the time of admission and during stay, a written statement of services provided by the facility, including those required to be offered on an as needed basis, and of related charges. Charges for services not covered under Medicare and Medicaid shall be specified. The patient will sign a written receipt upon receiving the above information.
- (4) To have on file physician's orders with proposed schedule of medical treatment. Written, signed evidence of prior informed consent to participation in experimental research shall be in patient's file.
- (5) To receive respect and privacy in his medical care program. All personal and medical records are confidential.
- (6) To be free of mental and physical abuse. Except in emergencies, to be free of chemical and physical restraint unless authorized for a specified period of time by a physician according to clear and indicated medical need.
- (7) To receive from the administration or staff of the facility a reasonable response to all requests.
- (8) To associate and communicate privately and without restriction with persons and groups of the patients choice at any reasonable hour. To send and receive mail promptly and unopened. To have access to a telephone where the patient may speak privately. To have access to writing instruments, stationary, and postage.
- (9) To manage his/her own financial affairs unless other legal arrangements have been implemented. The facility may also assist the patient, but is required to follow stringent guidelines.
- (10) To have privacy in visits by the patient's spouse, and if both are patients in the same facility, they shall be given the opportunity, where feasible, to share a room.

- (11) To enjoy privacy in his/her room.
- (12) To present grievances and recommend changes in policies and services personally, through other persons or in combination with others, without fear of reprisal, restraint, interference, coercion, or discrimination.
- (13) To not be required to perform services for the facility without personal consent and the written approval of the attending physician.
- (14) To retain, to secure storage for, and to use his personal clothing and possessions, where reasonable.
- (15) To not be transferred or discharged from a facility except for medical, financial, or their own or other patient's welfare, nonpayment for the stay or when mandated by Medicare or Medicaid. Any such transfer shall require at least five days' notice, unless the attending physician orders immediate transfer, which shall be documented in the patient's medical record.
- (16) To be notified within ten days after the facility's license is revoked or made provisional. The responsible party or guardian must be notified as well.



## Appendix C: Advance Directives

# Health Care Advance Directives

**Caution:** This is general information about the law and does not necessarily apply to your individual situation or constitute legal advice. It is important to seek advice about your own state's law and how it applies to your situation. Copyrighted in 1995, American Association of Retired Persons, ABA Commission on Legal Problems of the Elderly, and American Medical Association; abbreviated format.

**What are Health Care Advance Directives?** A health care advance directive is a document in which you give instructions about your health care if, in the future, you cannot speak for yourself. You can give someone you name (your "agent" or "proxy") the power to make health care decisions for you. You also can give instructions about the kind of health care you do or do not want.

In a traditional Living Will, you state your wishes about life-sustaining medical treatments if you are terminally ill. In a Health Care Power of Attorney, you appoint someone else to make medical treatment decisions for you if you cannot make them for yourself. A Health Care Advance Directive is not limited to cases of terminal illness. If you cannot make or communicate decisions because of a temporary or permanent illness or injury, a Health Care Advance Directive helps you keep control over health care decisions that are important to you. In your Health Care Advance Directive, you state your wishes about any aspect of your health care, including decisions about life-sustaining treatment, and choose a person to make and communicate these decisions for you.

Appointing an agent is particularly important. At the time a decision needs to be made, your agent can participate in discussions and weigh the pros and cons of treatment decisions based on your wishes. Your agent can decide for you wherever you cannot decide for yourself, even if your decision-making ability is only temporarily affected.

Unless you formally appoint someone to decide for you, many health care providers and institutions will make critical decisions for you that might not be based on your wishes. In some situations, a court may have to appoint a guardian unless you have an advance directive. An advance directive also can relieve family stress. By expressing your wishes in advance, you help family or friends who might otherwise struggle to decide on their own what you would want done.

**What Does A Health Care Advance Directive Say?** The most important part of the advance directive is the appointment of someone (your agent) to make health care decisions for you if you cannot decide for yourself. You can define how much or how little authority you want your agent to have. You also can name persons to act as alternate agents if your primary agent cannot act for you, and disqualify specific persons whom you do not want to make decision for you.

If there is no one whom you trust fully to serve as your agent, then you should not name an agent. Instead, you can rely on the second part of the Advance Directive to make your wishes known. You can provide specific instructions about your health care treatment. You also can include a statement about donating your organs. Your instructions in the

second part provide evidence of your wishes that your agent, or anyone providing you with medical care, should follow.

**How Do I Make A Health Care Advance Directive?** Most states have laws that provide special forms and signing procedures. Most states also have special witnessing requirements and restrictions on whom you can appoint as your agent (such as prohibiting a health care provider from being your agent). Follow these rules carefully.

Typically, states require two witnesses. Some require or permit a notarized signature. Some have special witnessing requirements if you live in a nursing home or similar facility. Even where witnesses are not required, consider using them anyway to reinforce the deliberate nature of your act and to increase the likelihood that the care providers in other states will accept the document.

**If I Change My Mind, Can I Cancel Or Change A Health Care Advance Directive?**

Yes, you can cancel or change your Health Care Advance Directive by telling your agent or health care provider in writing of your decision to do so. Destroying all copies of the old one and creating a new one is the best way. Make sure you give a copy of the new one to your physician and anyone else who received the old one.

**What Do I Need To Consider Before Making A Health Care Advance Directive?**

There are at least four important questions to ask yourself:

**1) What Are My Goals for Medical Treatment?** The Health Care Advance Directive may determine what happens to you over a period of disability or at the very final stage of your life. You can help others respect your wishes if you take some steps now to make your treatment preferences clear. What do you want treatment to accomplish? Is it enough that treatment could prolong your life, whatever your quality of life? Or, if life-sustaining treatment could not restore consciousness or your ability to communicate with family members or friends, would you rather stop treatment?

In formulating your goals of treatment, it is often helpful to consider your wishes about different end-of-life treatments and then asking yourself why do you feel that way. If you would not want to be kept alive by a ventilator, what is it about being on a ventilator that troubles you? Is it the loss of mobility, the lack of independence, or some other factor? Would it matter if you needed a ventilator for only a few days rather than many months? The answers to these kinds of questions will reflect important values that you hold and that will help you shape your goals of treatment.

Another way to become clear about your goals of treatment is to create a "Values History." In doing a Values History, you examine your values and attitudes, discuss them with loved ones or advisors. Once you have identified your values, you can use them to decide what you want medical treatment to accomplish. Consider your responses to questions such as:

- How do you feel about your current health?
- How important is independence and self-sufficiency in your life?

- How do you imagine handling illness, disability, dying, and death?
- How might your personal relationships affect medical decision-making, especially near the end of life?
- What role should doctors and other health professionals play in such decisions?
- What kind of living environment is important to you if you become seriously ill or disabled?
- How much should the cost to your family be a part of the decision-making process?
- What role do religious beliefs play in decisions about your health care?
- What are your thoughts about life in general in its final stages: your hopes and fears, enjoyments and sorrows?

**2) Who Should Be My Agent?** The most important part of this process is choosing your agent – who will have great power over your health and personal care if you cannot make your own decisions. Normally, no one oversees or monitors your agent's decisions. Choose one person to serve as your agent to avoid disagreements. If you appoint two or more agents to serve together and they disagree, your medical caregivers will have no clear direction. If possible, appoint at least one alternate agent in case your primary agent is not available.

Speak to the person (and alternate agents) you wish to appoint beforehand to explain your desires. Confirm their willingness to act for you and their understanding of your wishes. Also be aware that some states will not let certain persons (such as your doctor) act as your agent. If you can think of no one you trust to carry out this responsibility, then do not name an agent. Make sure, however, that you provide instructions that will guide your doctor or a court-appointed decision-maker.

**3) How Specific Should I Be?** A Health Care Advance Directive does not have to give directions or guidelines for your agent. However, if you have specific wishes or preferences, it is important to spell them out in the document itself. Also discuss them with your agent and health care providers. These discussions will help ensure that your wishes, values and preferences will be respected. Make sure to think about your wishes about artificial feeding (nutrition and hydration), since people sometimes have very different views on this topic. Be aware that you cannot cover all the bases.

It is impossible to predict all the circumstances you may face. Simple statements like "I never want to be placed on a ventilator" may not reflect your true wishes. You might want ventilator assistance if it were to be temporary and you then could resume your normal activities. No matter how much direction you provide, your agent will still need considerable discretion and flexibility. Write instructions carefully so they do not restrict the authority of your agent in ways you did not intend.

**4) How Can I Make Sure that Health Care Providers will Follow My Advance Directive?** Regardless of the laws about advance directives in your state, some physicians, hospitals or other health care providers may have personal views or values that do not agree with your stated desires. As a result, they may not want to follow your Health Care Advance Directive.

Most state laws give doctors the right to refuse to honor your advance directive on conscience grounds. However, they generally must help you find a doctor or hospital that will honor your directive. The best way to avoid this problem is to talk to your physician and other health care providers ahead of time. Make sure they understand the document and your wishes, and they have no objections. If there are objections, work them out, or change physicians.

Once you sign a Health Care Advance Directive, be sure to give a copy of it to your doctor and to your agent, close relatives, and anyone else who may be involved in your care.

### **What Happens if I do not Have an Advance Directive?**

If you do not have an advance directive and you cannot make health care decisions, some state laws give decision-making power to default decision-makers or "surrogates." These surrogates are usually family members in order of kinship and they can make some or all health care decisions. Some states authorize a "close friend" to make decisions, but usually only when family members are unavailable.

Even without such statutes, most doctors and health facilities routinely consult family, as long as there are close family members available and there is no disagreement. However, problems can arise because family members may not know what the patient would want in a given situation. They also may disagree about the best course of action.

Disagreement can easily undermine family consent. A hospital physician or specialist who does not know you well may become your decision-maker, or a court proceeding may be necessary to resolve a disagreement.

In these situations, decisions about your health care may not reflect your wishes or may be made by persons you would not choose. Family members and persons close to you may go through needless agony in making life and death decisions without your guidance. It is far better to make your wishes known and appoint an agent ahead of time through a Health Care Advance Directive.

### **Who Can Help Me Create A Health Care Advance Directive?**

You do not need a lawyer to make a Health Care Advance Directive. However, a lawyer can be helpful if your family situation is uncertain or complex, or if you expect problems to arise. Start by talking to someone who knows you well and can help you state your values and wishes considering your family and medical history.

Your doctor is an important participant in creating your Health Care Advance Directive. Discuss the kinds of medical problems you may face, based on your current health and health history. Your doctor can help you understand the treatment choices your agent may face. Share your ideas for instructions with your doctor to make sure medical care providers can understand them.

**You can obtain up-to-date state-by-state information about advance directives, along with statutory forms, if they exist in your state, from: Legal Counsel for the Elderly (LCE) American Association of Retired Persons; PO Box 96474; Washington, DC 20090-6474.**

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## ***WEBSITES OF INTEREST***

[www.aarp.org](http://www.aarp.org) - Excellent site for a variety of aging topics. Good research data. Easy to follow website with lots of caregiver information.

[www.caregiver.org](http://www.caregiver.org) - Devoted specifically to caregivers with links to other sites of interest. Easy to follow.

[www.co.moore.nc.us](http://www.co.moore.nc.us) – Information about Moore County. Look for the Department of Aging. *Resource Guide for Older Adults* available on line.

[www.fullcirclecare.org](http://www.fullcirclecare.org) – North Carolina government website about caregiving. Links to many other sites and resources.

[www.hhs.doa.gov](http://www.hhs.doa.gov) - Health and Human Services, Division of Aging. Lots of information for Caregivers - go to Site Index, click on "C". Also contains information and sites for various diseases.

[www.medicare.gov](http://www.medicare.gov) – Medicare help and information.

[www.ncSHIIP.com](http://www.ncSHIIP.com) –Senior Health Insurance Information Program available from the North Carolina Department of Insurance.

[www.needymeds.com](http://www.needymeds.com) – Information for lower income older adults on how to apply for low cost or free prescription drugs.

[www.ssa.gov](http://www.ssa.gov) – Social Security Administration

[www.unitedwaymoco.com](http://www.unitedwaymoco.com) – The United Way of Moore County serves 24 agencies:

**American Red Cross, Arc, Bethany House, Bethesda Inc., Boys and Girls Club, Boy Scouts of America, Child Care Connections, Children's Health Fair, Emergency Medical Fund, Friend to Friend, Girl Scouts of the USA, Helpline, Meals on Wheels, Moore Buddies, Moore County Literacy Council, Moore County 4-H, Northern Moore Family Resource Center, Pinetree Vocational Partnerships, Prancing Horse, Robbins Rescue Squad, Salvation Army, Samaritan Colony, Sandhills Children's Center, Sandhills Coalition for Human Care, Southeastern NC Radio Reading Service**

